



Innovations in Mobilizing Community Resources for Sustainable Hypertension Care in Primary Care Setting



Presented By:
Dr. Lorna NG,
KWH Family Medicine
Coordinator/SMO(FM & OPD)

*Continuous,
Coordinated,
Comprehensive holistic patient-centered care*

Ng Lorna^{1,2}, Chiang LK^{1,2}, Kam CW^{1,2}, Wong LK^{1,2}, Yip LM¹, Ng BC²

1 Family Medicine and General Outpatient Department, Kwong Wah Hospital

2 Hong Kong Primary Care for Chronic Disease Association

Aims

1. Promoting awareness, knowledge of disease and self-management of hypertension
2. Enhancing home blood pressure monitoring (HBPM) and teaching on techniques of self blood pressure (BP) measurement.
3. Facilitating self BP monitoring by providing BP equipments to patients.



Methodology

An innovative, patient-centered, multidisciplinary programme mobilizing community resources without overloading existing clinic resources in the provision of sustainable quality hypertension care was implemented in this clinic starting from 2012.

Community resources in various aspects (e.g. in-kind contribution and manpower) from a newly formed chronic disease patient support group consisting of professionals, volunteers and patients were utilized.

Other patient group members contributed selflessly such as sponsoring home BP equipments, professional services and time. Altogether this synergistic team efforts with clinic staff's coordination enhanced hypertension care.

Six retired nurses serving as honorary healthcare facilitators in hypertension workshop were assisted by volunteer student nurses.



Methodology 2



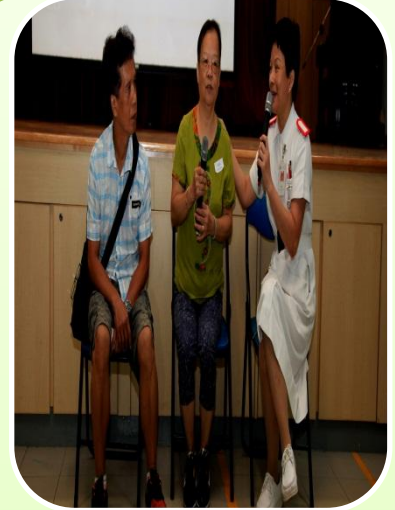
**Promotion
activities and
multi- disciplinary
health talk series**



**Hypertension
workshop**



**Automated home
BP equipment
loan scheme**



**Interactive sharing
and mutual
support on
hypertension care**





Results and Conclusion

Till end of year 2012, more than 1,000 patients had registered to attend the health talk.

According to our survey, more than 90% of patients unanimously agreed that they were empowered in home BP monitoring, attained competence and realized its benefits in self-management of hypertension.

43 patients had participated in BP machine loan scheme. All of them were competent in self BP measurement after workshop and conducted self BP monitoring at home. Their BP measurements were summarized in Table 1. Using paired t-test, both of home BP and post workshop clinic BP were significantly improved.

	Before BP workshop		After BP workshop			
	Clinic BP		Home BP		Clinic BP	
	mean	SD	mean	SD	mean	SD
Systolic BP, mmHg	142.7	12.0	130.0	10.4	135.8	13.0
Diastolic BP, mmHg	76.5	10.2	69.1	8.7	73.9	9.7

