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Empowering Self-management of Hypertensive Patients through Intake Assessment of Risk Assessment and Management Programme

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Introduction

Risk Assessment and Management Programme (RAMP) – Hypertension has been launched in General Out-patient Clinics (GOPCs) in Kowloon East Cluster since October 2011. The service includes intake assessment (IA) by trained nurses. During the IA, the nurses would perform cardiovascular risk and complications assessment and provide individual health counselling and education with the aim of empowering self-management. This study was conducted to examine the patients' outcomes in self-management and their satisfaction with the service.

Objectives

(1) To evaluate the effect on self-management after the IA on the following aspects:

- medication adherence
- lifestyle modification
- home blood pressure (BP) monitoring

(2) To evaluate patient satisfaction with the service at six months after the IA

Methodology

Hypertensive patients who had attended the IA at Ngau Tak Kok GOPC in May and June of 2017 were recruited. Before-after study design was employed to evaluate the effect on clinical outcomes. Telephone interviews were conducted at six months after the IA to obtain relevant data.

Result

389 out of 530 patients responded to the interview. The response rate was 73.4%. The mean age of the respondents was 64.0. 49.6% were male. Patients performing regular exercise increased from 19.0% to 24.4% at six months after the IA ($p=0.05$). More patients complied with low salt diet after the IA. It increased from 46.5% to 68.6% at six months after the IA ($p<0.001$). 3 in 4 patients had blood pressure

monitoring at home. Medication adherence rate remained high (96.8%) at six months after the IA. 98.5% of respondents were very satisfied or satisfied with the service. 96.9% of respondents strongly agreed or agreed that the programme can enhance their blood pressure control.

The study showed that the health counselling and education during the intake assessment session had a significant positive effect on the patients' self-management in taking regular exercise and complying to low salt diet, which are essential self-management measures for blood pressure control. Overall, the patients showed high satisfaction to the programme.