



**Service Priorities and Programmes  
Electronic Presentations**

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**Can primary care nurses help quality improvement in hypertension management in general outpatient clinics**

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**Introduction**

Studies showed that using a primary care led approach in the prevention and management of chronic diseases in community setting could result in better health care outcomes at lower costs. Hospital Authority has launched the Risk Assessment and Management Programme (RAMP) - Hypertension in General Out-patient Clinics (GOPCs) in 2011. From October 2011 to June 2013, primary care nurses had assessed 22,044 hypertensive patients referred to RAMP – Hypertension at the five GOPCs in KEC. During the same period, 2,306 patients have attended the nurse clinics under the programme for health education on lifestyle modifications and patient empowerment.

**Objectives**

To evaluate the outcomes of nursing interventions in RAMP- Hypertension.

**Methodology**

Primary care nurses reviewed patients' health parameters (blood pressure, pulse, body mass index, urine albumin, waist circumference, peripheral pulse, electrocardiogram and blood tests results), assessed their cardiovascular risk levels and identified their health risk factors and problems. Health advices and referrals to other services such as Patient Empowerment Programme, Smoking Counselling and Cessation Programme, RAMP – Hypertension Doctor Clinic, etc, would be offered accordingly during the intake assessment sessions. Patients who required further nursing interventions such as lifestyle or drug compliance counselling, education on the use of home blood pressure monitoring would be referred to the RAMP – Hypertension Nurse Clinics. A random sample of 374 patients who had attended the intake assessment from 1st October 2011 to 30th June 2013 were included for evaluation. A "Pre-test" vs. "Post-test" design was employed to investigate the effect of the programme on the blood pressure control. Patients' satisfaction was also

evaluated.

### **Result**

There were 56.3% females and 43.7% males. Their age ranged from twenty-six to ninety-one and the mean age was 63.9 years old. Significant reduction was found in mean systolic blood pressure (from 139.7 to 136.6 mmHg,  $p < 0.01$ ) as well as mean diastolic blood pressure (from 77.8 mmHg to 76.4 mmHg,  $p < 0.01$ ). Proportion of patients with BP  $< 140/90$  mmHg was significantly increased [from 51.5% (N=191) to 61.2% (N=229),  $p < 0.003$ ] also. Satisfactory feedbacks were obtained from patients attended the programme.