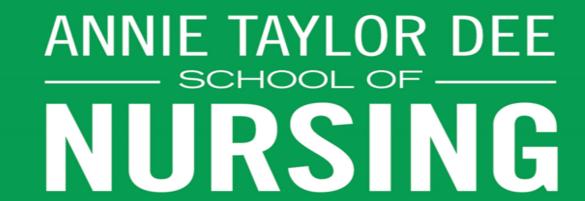


Dumke College of Health Professions





Mismanagement of HTN can lead to several health risks, including life altering strokes⁶. The purpose of this project is to encourage nurses in the Emergency Department (ED) to educate their patients on the risks of HTN and ways they can prevent and manage it effectively. Successful implementation of this project can help increase awareness of HTN, decrease prevalence of high BP, and decrease the incidence of strokes that occur in our community.

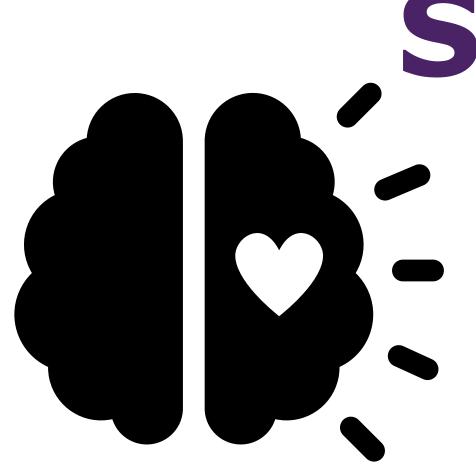
PICO QUESTION

For nurses in the Emergency Department, does an education program to address stroke risk reduction through maintenance of a lower systolic blood pressure compared to current education, improve nurse understanding and increase the delivery of patient education on this topic within three months of the program?

LITERATURE REVIEW

All articles in the literature review provided evidence that blood pressure reduction decreases patients' risk of stroke. The articles emphasized the importance of maintaining a lower BP which provides support in why ED nurses should educate their patients more on prevention, detection and management of BP.

- BP reduction decreased the risk of both major types of strokes, ischemic and hemorrhagic⁹.
- 20mmHG increments of increase in SBP over 115/75mmHG double a patient risk of stroke in one systemic review 8. Bejot (2019) also found a two-fold increase in stroke mortality for each 20mmHg rise in SBP.
- People diagnosed with HTN earlier in life may develop vascular damage, atherosclerosis, and vascular aging, increasing their risk of stroke⁶.
- High BP is more prevalent in women, older people, and certain ethnic groups 1,3 .
- Antihypertensives, especially diuretics, are very effective and reliable at helping maintain lower BP^{2,9}.



Stroke Prevention in Blood Pressure Management

Emily Stapp, BSN, RN, MSN Student



PROJECT METHODOLOGY

This project will help nurses better educate their patients, potentially improving patient compliance with blood pressure regimens. This program will try to reach the various type of learners through discussion, outline, and visualization. Nurses are encouraged to feel more empowered and competent to educate their patients following this educational program. Education will address barriers to patient adherence to blood pressure medication, patients at a higher risk of HTN and stroke, detecting and preventing HTN, and determining patients' preferences. The educational program has incorporated considerations of patients' race, culture, socio-economic status, and the number of comorbidities. **Evaluation**

Plan and Development

- Presentation with face-to-face lecture
- Lesson plan outline
- The pamphlet with information about patient-centered goals, ideas on preventing HTN, and ways to manage a healthy BP level
- Flyers displayed in ED to remind nurses to educate more about proper BP management

Risk Factors

>35 yrs old Overweight, obese Physical inactivity Family hx Excess salt intake Excess ETOH intake Pregnancy



Surveys completed by ED nurse

- Pre/Post assessment survey
- How often do you help patients find ways to improve their blood pressure specific to them as individuals?
- How important do you feel it is to educate your patients on managing their blood pressure?
- How often do you mention a patient's increased risk of stroke with high blood pressure?
- Feedback on presentation
- 12-month follow-up survey
- What material do you find most effective in assisting you in teaching your patient how to manage their blood pressure?

Recommendations for Nurses

- Watch out for when your patient has high BP
- Take time to educate your patients
- Find goals that are individualized to the patient







THEORETICAL FRAMEWORK

Culture Care Theory

Dr. Madeleine Leininger

The core of the CCT is providing culturally congruent and professional care by seeking the patient's perspective on their health and being culturally competent⁷.

There is a diverse population of patients seen in the ED who may need additional support in managing their HTN and effectively preventing stroke.

Examples:

- Immigrants
- Homeless
- Previously diagnosed w/ stroke

When educating patients about proper BP management, an approach based on CCT may help them be more compliant and feel that regimen goals are reachable.

CONCLUSIONS

Research emphasized the importance of consistently managing blood pressure to decrease the occurrence of stroke 1,2,3,4,5,8,9,10. This educational program can heighten nurses' understanding of why they should educate patients about the development of HTN and the patient's increased risk of stroke with each increment of elevation in BP. With improved education on hypertensive management, patients can decrease their risk of life-threatening health complications, including strokes.

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Figures