



SMALL TEST OF CHANGE


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AMONG THE ELDERLY PATIENTS WITH CORONARY ARTERY DISEASE AND HYPERTENSION, WILL MONITORING BLOOD PRESSURE AT HOME IN ADDITION TO ROUTINE BLOOD PRESSURE TAKEN DURING AN OFFICE VISIT, IMPROVE BLOOD PRESSURE MANAGEMENT?



Although high blood pressure usually cannot be cured, in most cases it can be prevented and controlled. By evaluating, monitoring and then treating the patient's blood pressure, the nurse practitioner can discover if the treatment is useful in lowering hypertension within the person. In treating the elderly for hypertension, it is necessary to consider their history/physical and other medical conditions. Hypertension is one of the most prevalent chronic diseases for which treatment is available, however, hypertension usually goes untreated in the elderly. Since there are no symptoms it is often referred to as the "silent killer".

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Evidence-Based Practice Recommendations

When using home blood pressure monitoring (HBPM) to confirm a diagnosis of hypertension, ensure that: For each blood pressure recording, two consecutive measurements are taken, at least 1 minute apart and with the person seated.

Blood pressure is recorded twice daily, ideally in the morning and evening.

Blood pressure recording continues for at least 4 days, ideally for 7 days.



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ABOUT THE SMALL TEST

THERE WILL BE TEN PATIENTS FROM THE HEART GROUP AT THE EASTERN SHORE CARDIOLOGY GROUP!

"THESE PATIENTS WILL BE OF THE ELDERLY POPULATION - AGE 72 TO 88 YEARS OF AGE.

"THESE PATIENT WILL BE USING THEIR OWN BLOOD PRESSURE MONITORING MACHINE TO IMPLEMENT THIS SMALL TEST OF CHANGE.

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AIM OF THE SMALL TEST

AIM STATEMENT "LET'S TAKE BACK CONTROL"



Patients will be educated on their blood pressure and how to use home monitor blood pressure systems!

Patients will have better control of their own blood pressure by implementing their home monitoring systems.

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- There will be a small test performed at The Heart Group of the Eastern Shore Cardiology.
- A small test of change will be implemented on ten patients within the Eastern Shore Cardiology Group.
- The patients age is of the elderly population ranging from 72 years of age to 88 years of age.

PLAN PHASE

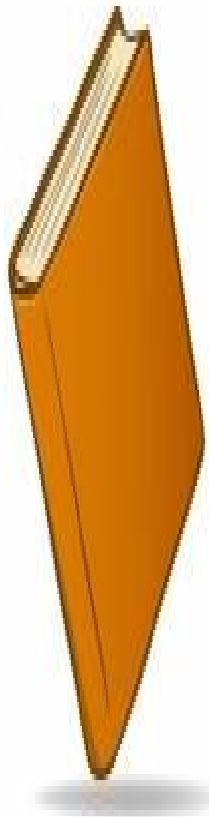
- The patients that will take part in this test of change will all have insurance and a home blood pressure monitor.
- The charts containing the patients information have been reviewed along with their demographics.
- This proposed project will consists of graphs, charts and questionnaires that I have created.

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DO PHASE

- This phase of the proposed project has already started with patient phone calls within the Heart Group of the Eastern Shore.
- I have already established relationships with the patients.
- The patients race is black and white, male and female, with ages of 72 years and over.
- The patients chosen have problems keeping their blood pressure under control. These were chosen to challenge the project.
- The proposed project takes place at the Heart Group of the Eastern Shore. Phone calls will be made to the patients once a week for five consecutive weeks to see if the patients have questions and whether they are on track with their blood pressure monitoring.
- Blood pressures will be recorded on a log for each patient. The American Heart Associate recommends taking blood pressure twice a day as a standard.


STUDY PROCESS!




- “ The proposed project will be a study to determine whether home blood pressure monitoring will control the elderly patients blood pressure.
- “ The study consists of phone calls, questionnaires, charting their blood pressure using graphs and the patient keeping a log of their blood pressure readings.
- “ The patient must be willing to chart their blood pressure in order to establish a baseline. The patients are receptive to the study and willing to participate.
- “ The patient will be required to furnish their blood pressure monitor.




ACT PHASE



This will be a five week small test among ten patients with uncontrolled hypertension.



Patients will participate in keeping a log. Implementing change will be required depending on the results. With the patient monitoring their blood pressure, they can be educated on controlling their blood pressure.



Patients have agreed to call me if they have any questions regarding their blood pressure .



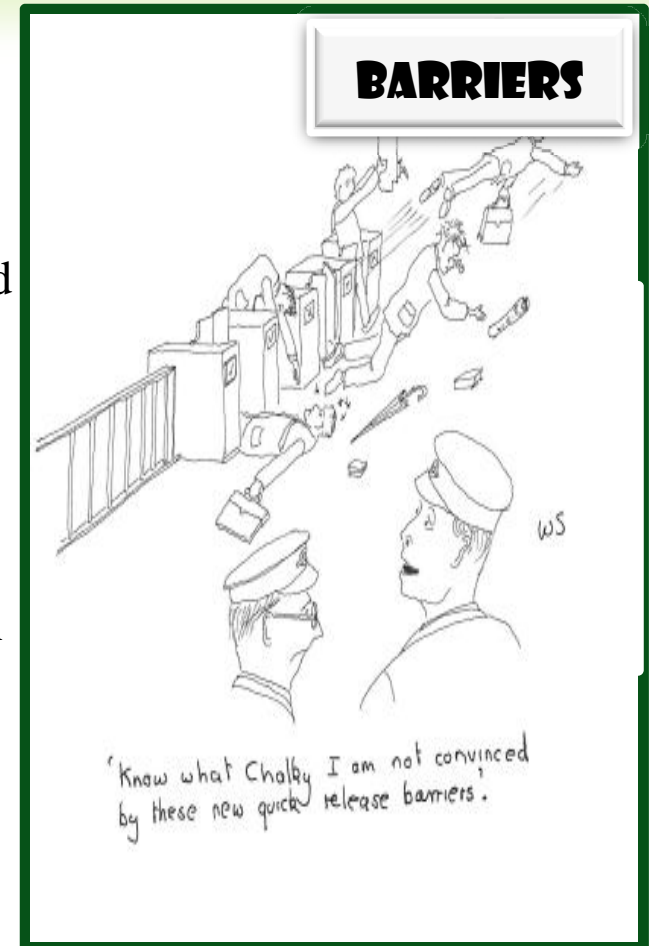
DEVELOP A PLAN TO ADDRESS BARRIERS!

"The setting has already been approved, therefore I do not anticipate any barriers that would hinder the study of my proposed project.

"The patients will furnish their own blood pressure monitor which will be checked for accuracy prior to being used.

" There will be little cost to perform this project. There may be a small fee to print the patients' questionnaires, which I will absorb.

" The log books will be provided by the Heart Group of the Eastern Shore.



EVALUATION OF SMALL CHANGE !



- “ In order for the patients to remain on track, their blood pressure needs to be checked consistently.
- “ Education is important among the elderly because they need to know why and what they are doing to keep their blood pressure under control.

REFERENCES

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