

Effect of Training Given by Nurse to Hypertensive Patients on Treatment Adherence

Nurhan Özpancar, Sezgi Çınar

Marmara University, Faculty of Health Sciences, Division of Nursing, Istanbul

Objective: This study was conducted as randomized control study to evaluate the effect of training and case management provided by nurse to hypertensive patients on treatment adherence, coping skills with chronic disease and metabolic factors.

Method: The study was performed with randomly selected 60 patients (30 control group and 30 experimental group patients) admitted to General Internal Medicine and Cardiology Out-patient Clinics of Namık Kemal University Health Practice and Research Center between February 2012 and January 2013. Training and case management was provided to experimental group. Control group did not receive any interventions. Weight and blood pressures of control and experimental group were measured and edema examination was performed in the first and after six months in last follow up. Biochemical parameters ordered by the physician were recorded. The other data was collected by using Patient Identification and Follow-up Survey, Hypertension Compliance Assessment Scale, The Patient Assessment of Chronic Illness Care-Patient Form (PACIC) and Model of Case Management for Hypertension-Shared Care Protocols. Independent Samples t, Mann Whitney U, Paired Samples t, Wilcoxon Signed Ranks and chi square test were used for statistical analysis of intra-inter group data.

Results: Statistically significant difference was found for blood pressures, total scores of Antihypertensive Medication Treatment Adherence Scale and Evaluation Scale of Chronic Disease Care in experimental group; however, there was not statistically significant difference in control group between first and last follow ups. In addition, weights and BMI of experimental group decreased significantly, while there was not significantly change in control group.

Conclusion: We suggest the use of training and case management model to improve treatment adherence of hypertensive patients.

Key words: Training given by nurse, hypertension, care of chronic disease, treatment adherence, case management