

A Needs Assessment of Hypertensive Patients

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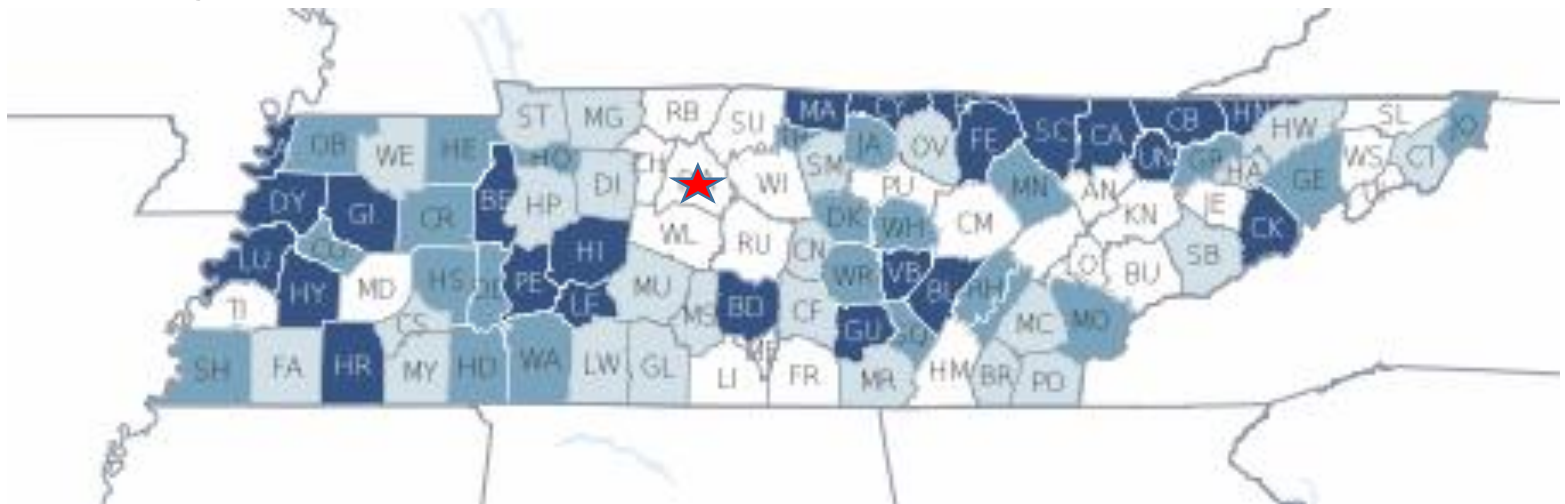
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Introduction and Background

- 1/3 of American adults have hypertension
- Systolic BP \geq 140, Diastolic BP \geq 90
- Nashville, Davidson County
 - High Blood Pressure- 27%
 - Obesity- 23.4%



Methodology

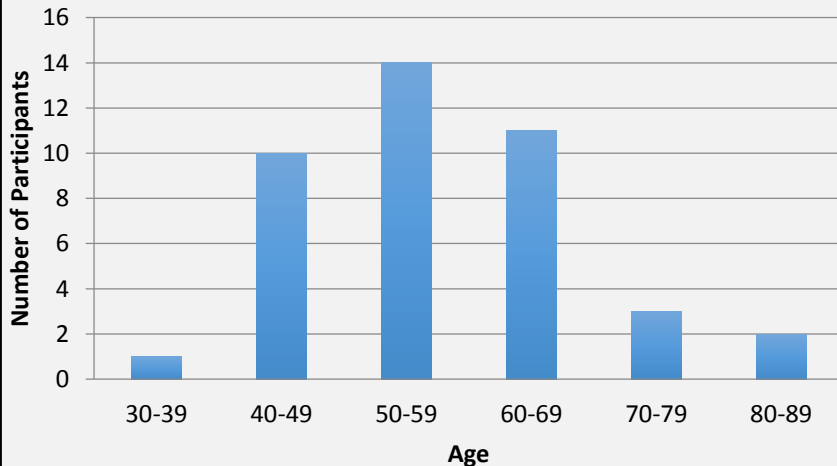
- **June 16 - July 10, 2014**
- **Cross-sectional study, Convenience sampling**
- **Verbal Questionnaire**
 - **Diet, exercise, medication, lifestyle**
 - **Patient feedback and suggestions**
- **Data analyzed using Microsoft Excel**



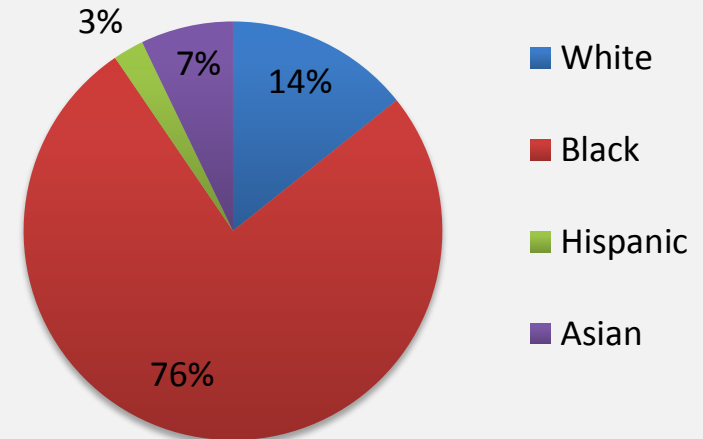
Results

- N = 42
- 22 Females, 20 Males

Age Distribution of Participants

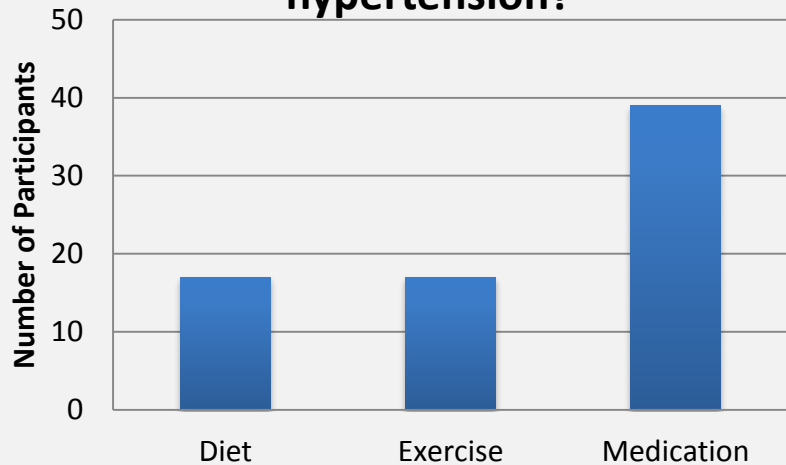


Race of Participants

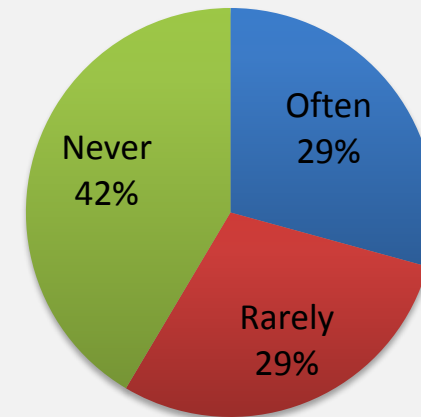


Results

How are you managing your hypertension?

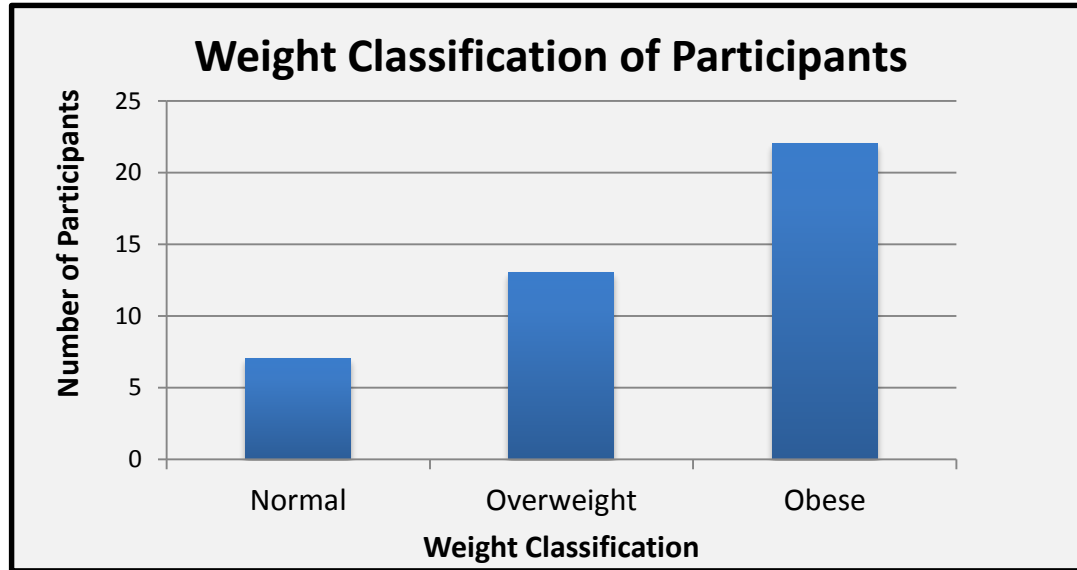


Salt Consumption



10 participants chose all 3 choices.

Results



Overweight but considered themselves normal weight = 11.9%

Obese but considered themselves normal weight = 9.5%

Obese but considered themselves overweight = 35.7%

Discussion

- **Data for blood pressures was not representative of hypertensive control. Some patients came to the office because they had run out of medication and others had not taken medicine before coming in. Most blood pressures were over 120/80.**
- **Patients know what choices are healthy, but they are not making those choices.**
- **Patient Compliance**
- **Sodium Intake**
- **Increase patient understanding of overweight and obesity (more than 1/3 of adults are obese)**

Recommendations

- More Clinic Educators
- More Cooking Workshops
- List of locations to Exercise
- <http://millionhearts.hhs.gov/index.html>



Help us prevent
1 million heart attacks
and strokes by 2017.

Conclusion

- **Combat Obesity**
- **Encourage healthy lifestyles**
 - No alcohol, tobacco, managing stress
- **Patients need to be engaged.**
 - Depression in underserved community?



Acknowledgements

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