A Needs Assessment of Hypertensive Patients

Jontu Solomon
Matthew Walker Comprehensive Health Center
Nashville, TN
Introduction and Background

• 1/3 of American adults have hypertension
• Systolic BP ≥ 140, Diastolic BP ≥ 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

- White: 14%
- Black: 76%
- Hispanic: 7%
- Asian: 3%
Results

How are you managing your hypertension?

Salt Consumption

- Never: 42%
- Often: 29%
- Rarely: 29%

10 participants chose all 3 choices.
Results

Weight Classification of Participants

<table>
<thead>
<tr>
<th>Weight Classification</th>
<th>Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>5</td>
</tr>
<tr>
<td>Overweight</td>
<td>15</td>
</tr>
<tr>
<td>Obese</td>
<td>25</td>
</tr>
</tbody>
</table>

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
Conclusion

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

• GE-NMF Primary Care Leadership Program
• Matthew Walker Comprehensive Health Center
• Dr. Michele Williams
• Dr. Dana Marshall
• Dr. Hubert Gaskin
• Dr. Oba Hollie
• Other members of the Healthcare Team