



MANAGING HYPERTENSION IN AFRICAN AMERICAN MEN

JOY EUBANKS BSN, RN & ELISA MONTGOMERY BSN, RN



Prairie View A&M University College of Nursing Houston, TX

INTRODUCTION

Hypertension (HTN) - the “silent killer”

It is a common and potent risk factor for multiple severe complications

- + cardiovascular disease (CVD)
- + stroke
- + death

Black men suffer the lowest life expectancy of all the major ethnic-sex populations in the USA (National Center for Health Statistics, 2014).

Five leading causes of death for black men in 2014

- + first being heart disease (Pathak, 2018).

HTN knows no race, age, or sex, however it affects black men disproportionately more than any other race in the United States (Pathak, 2017)

PROBLEM

Despite access to guidelines for the management of hypertension, medication and knowledge of health maintenance practices, compliance is still low

Reasons for noncompliance:

- + lack of trust in providers
- + racial discrimination
- + fear of adverse medication effects
- + doubtfulness of severity of the disease

(Allison, et.al, 2013).



PURPOSE/SIGNIFICANCE

Health Belief Model (HBM)- psychological health behavior change model

- + predicts and explains behaviors
- + centers around personal beliefs
 - > health problems
 - > benefits to healthy actions
 - > self efficacy

APN's applied HBM to help understand:

- + participants response to symptoms of HTN
- + compliance with medication regimen
- + lifestyle behaviors

Assumption: APN will change health behavior and increase compliance with HTN control

LITERATURE REVIEW

Numerous articles were explored relating to noncompliance with HTN management in AA men, and ways to improve medication compliance.

Barber-Based intervention for Improving HTN control in Black Men.

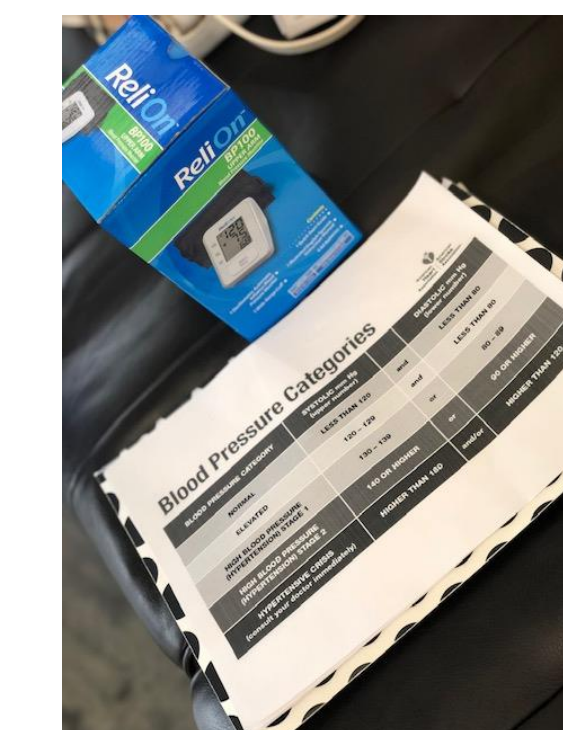
- + motivated patrons to pursue MD follow-up
 - > improved HTN control
- + tested in 17 black-owned barbershops in one TX county
 - > half the patrons with HTN then saw MDs
 - > reduced systolic BP by average of 2.5mm Hg

METHOD/ACTIVITIES

- +IRB Approval/Swagga Back Barbershop owner approval
- +Flyer posted at barbershop 2 weeks prior to informational session to ensure attendance
- +Pre-test administered to assess knowledge and compliance
- +Presentation via PowerPoint with Case studies presented
- +Question & Answers
- +Post-test administered
- +Presenter evaluation
- +Parting Gifts

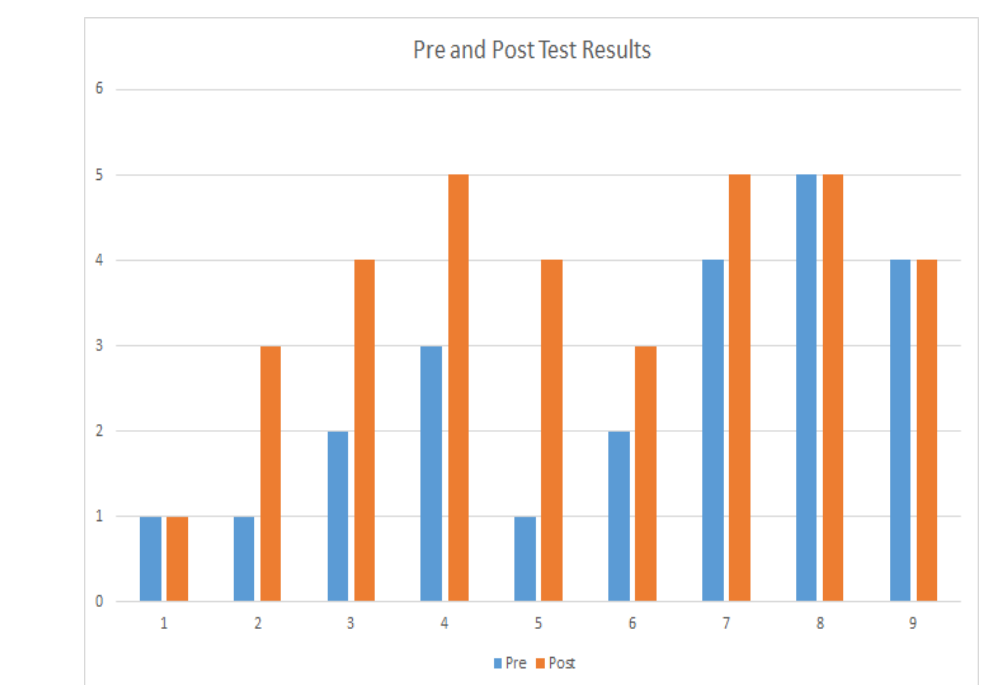


OPTIONAL



FNP students with Dr. Caldwell at the barber shop

EVALUATION/OUTCOMES



The pre-test/post-test results proved that the patrons/ participants had an increase in knowledge regarding:

- + Hypertension
- +Identification of s/s of hypertension
- + Drugs classes for hypertension management

IMPLICATIONS

+Paradigm shift in Hypertension management in AA men is warranted

- Dispensing accurate knowledge
- Dispelling rumors of misinformation & empowering our African American men

+One Solution: FAMILY NURSE PRACTITIONER

+Further research: The effects on hypertension management sessions in local Houston neighborhoods & the effects on BP levels

African American males: Our fathers, sons, uncles, cousins, husbands, and friends matter!