The Impact of Intake Assessment and Nurse Clinic of RAMP-HT on Self-Management of HT Patients

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Background

- The Risk Assessment & Management Programme-HT launched in KEC GOPCs since Oct 2011

- Intake Assessment (IA): cardiovascular risk stratification & complication assessment

- Nurse Clinic (NC): more intensive intervention & patient empowerment

- Nov 2017-Oct 2018: 291 patients referred to NC after IA

- Before-after study design
Reasons for Referral to RAMP-HT NC

- Suboptimal BP Control: 90.7%
- Drug Compliance Problems: 15.1%
- Newly Diagnosed HT: 26.8%

N = 291
% of Patients Attaining the target BP
(<140/90 mmHg)

Before RAMP-HT Nurse Clinic: 5.2%
After RAMP-HT Nurse Clinic: 63.9%

N = 291
P < 0.001
Self-management Skills of HT Patients

- **Home BP Monitoring**: 64.9% before, 84.2% after
- **Drug Adherence**: 80.9% before, 90.4% after
- **Low Salt Diet**: 52.6% before, 67.4% after
- **Regular Aerobic Exercise**: 12.7% before, 21.6% after

**n = 291**

**P < 0.002**
Conclusion

Nursing Intervention (IA & NC)

BP Control of HT Patients

Patients’ Self-Management Skills

Significant +ve effect
THANK YOU