Group Education in Hypertension

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**Objective**

- To evaluate the effectiveness of a group education program in improving knowledge and self-reported compliance with the therapeutic regimen for hypertension management in a primary care practice in a rural community.

**Clinical Question**

- In hypertensive patients, does increased patient education, including group educational seminars, increase patient knowledge and therefore patient self-report compliance?

**Background**

- Approximately 85 million Americans suffer from hypertension (AHA, 2017).
- It is one of the most preventable and treatable contributors to morbidity and mortality.
- In any chronic disease management, patient education is key.
- A patient’s education should begin at diagnosis. They must be equipped with the necessary tools to take control of their health.

**Methods**

- Participants were invited to attend a 45-minute group educational seminar designed to increase knowledge and promote compliance with their therapeutic regimen.
- Pre- and post-tests were administered to evaluate the effectiveness of the educational program.
- Program evaluations were also collected.
- Pre- and post-test scores were evaluated and the mean was determined using Microsoft Excel.
- Eight-week follow-up phone calls were made to each participant to evaluate their progress and self-report compliance.

**Results**

- There were ten participants in the group educational seminar.
- The mean pre-test score was 69%.
- The mean post-test score was 98%.
- This indicates a 29% improvement in patient knowledge regarding hypertension following increased education efforts.
- All eight participants that were available for follow-up phone calls report that their compliance had improved.

**Conclusion**

- Based on the program evaluation, patient education regarding hypertension and chronic illness can lead to improved compliance in this practice setting.
- This program has potential to foster independence in health management.