PII-41: Access to a Home Monitor and Hypertension among Mexican-American Women: A Randomized, Controlled Trial

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Abstract:
Introduction: Problem Statement: Hypertension is widespread and often uncontrolled and untreated among Mexican-American women leading to possible morbidity and mortality associated with cardiovascular disease. Aim: This pilot study compared the blood pressure of Mexican-American women diagnosed with hypertension and prescribed at least one antihypertensive medication who had access to a home blood pressure monitor to a group of women without monitor access.

Method(s): Design: The pilot study is a 2-group random assigned, treatment and controlled group repeated measures design. A with-in and between groups comparison of blood pressure over 5 measurement periods will be completed. The one independent variable consists of a wrist home blood pressure monitor. Population and Sample: Six self identified Mexican-American women ≥ 18 years of age were randomized to treatment group with access to home monitor and education or control group of education only. Instruments: The Welch Allyn Spot Vital Signs Monitor 420 series was used by the researcher to measure the dependent variables. Intervention: The four women in the intervention group were instructed in use and given an Omron HEM-650 wrist home blood pressure monitor. Additionally, all women were offered four weeks of education on the combination of diet, exercise and medications to control hypertension. Data Collection: Blood pressure measurements occurred weekly at the education session and 4 weeks post intervention.
Results: Due to the very small sample size no difference between blood pressure measures could be analyzed. However, what was learned was 1) acceptability of BP home monitor; 2) perfect attendance at 4 educational sessions; Mexican-American women could be recruited and retained with no attrition.

Discussion & Conclusions: Conclusion The results support access to a home monitor for better control of hypertension among Mexican American women. In addition this pilot study should serve as a stimulus to conduct further research in hypertension among Mexican-American women. At present the most optimal method to organize and deliver care to patients with hypertension so that they reach treatment goals has not been clearly identified. Dissertation study with 63 participants will be completed in Dec. 2009.

Abstract History:
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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