

Oral Defense Announcement

University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice with an emphasis in Family Nurse Practitioner

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BSN, Missouri State University, 2019

Implementation of Home Blood Pressure Monitoring

Date: July 10, 2024

Time: 2:30 pm

Place: Remote

Abstract

Approximately 48.1% of adults in the United States have high blood pressure. Providers may encourage patients to monitor and log their blood pressures at home, but patients often fail to bring this information to appointments, leading to reliance on less comprehensive in-office measurements. This quality improvement project aimed to increase adherence to home blood pressure logs by utilizing a Blood Pressure Toolkit. A descriptive, observational design was utilized to record patient adherence of taking home blood pressure measurement and increase the number of patients who brought their blood pressure logs to their healthcare provider visits over two months. A convenience sample of 81 adults was used. There was an increase of patient adherence of bringing home blood pressure logs by 18.4% compared to none baseline. The Patient Questionnaire revealed a discrepancy in blood pressure awareness and home blood pressure log adherence between Baseline and Intervention Groups. There was significance between the adherent group in-office systolic mean and home systolic mean and no significant difference in diastolic mean. A chi-square test did not observe significant associations between sex, race, and age and the likelihood of patients bringing their home blood pressure logs. Home blood pressure monitoring offers providers more information regarding patient's blood pressure ranges and aid in their hypertension management. Future research should focus on patient barriers to monitoring and bringing home blood pressure logs into the clinic, aiming to sustain adherence through effective strategies promoting patient understanding.

Keywords: adults, hypertension, home blood pressure monitoring, blood pressure

Defense of Dissertation Committee

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