Life Matters

Date: July 7, 2022  
Time: 3:45 p.m. to 4:20 p.m.  
Place: 219B SCCB

Abstract

Problem: One of the challenges facing many primary care providers is managing hypertension. Hypertension contributes to cardiovascular disease events. Consequently, the high occurrence of hypertension related visits signifies a clinical practice gap in hypertension management resulting in substandard blood pressure outcomes. The purpose of this clinical scholarship project was to assess the difference of pre and post Quality of Life Scale (QOLS) scores in a hypertensive population.

Methods: This quality improvement project used a cross-sectional, observational design with prospective data collection. The sample included newly diagnosed hypertensive adults ages 21 to 64 years old. The sample was administered the World Health Organization’s QOLS; additionally, the QOLS scores were obtained at diagnosis and at the 12-week follow-up visit by two nurse practitioners.

Results: The pre QOLS scores increased from 77.968% (sd =11.102%) to 79.536% (sd =10.794%) post QOLS implementation. The difference between the means was not significant at 0.05 level (t =1.113, df = 27).

Implications for practice: Implementing QOLS influences assessments of the four domains rated: physical health, psychological health, social relationships, and environmental health. Implications for practice are identifying and addressing mental health disorders acquired with hypertension diagnosis, improving gaps in condition management developing individualized plan of care, and connecting patients with community resources.

Defense of Dissertation Committee
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