



The Importance of Health Literacy and Patient Activation In Hypertension Self-management: A Literature Review

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Background

- Hypertension disease is an important worldwide health problem.
- Since 2000, hypertension has affected 26.4 % of the adult population worldwide, an estimated total of 972 million adults.
- Finding strategies for improving self-management of hypertension is a key step that researchers need to undertake.
- Several surveys from countries all over the world indicated that patients with hypertension had inadequate blood pressure control.
- Healthcare systems should emphasize the significance of factors contributing to the successful of hypertension self-management.
- The purpose was to conduct a literature review regarding the importance of health literacy and patient activation in improved hypertension self-management

Methods

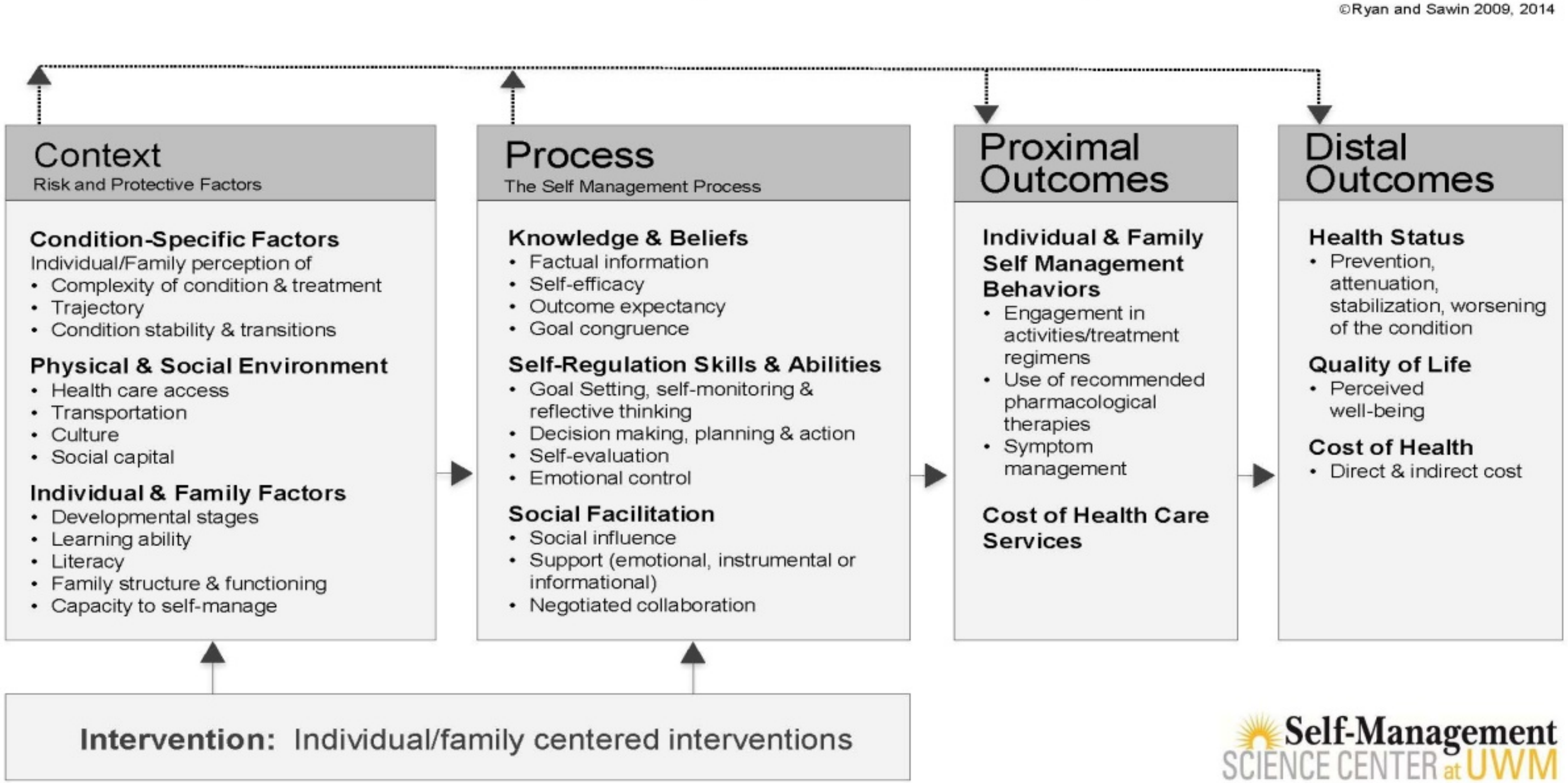
- ❑A comprehensive literature search was conducted from 2007 to 2016
- ❑ Research databases included CINAHL Complete, MedLine, and Ohio Link.
- ❑Keywords used were: “chronic disease self-management”, “health knowledge”, “health literacy”, “patient activation”, and “patient activation measure,” “patient activation in hypertension self-management,” and “barriers related hypertension self-management.”
- ❑20 studies were found and included in the literature review

Key Findings

- Knowledge about chronic diseases and self-management skills is a prerequisite for patients in order to effectively manage their health condition.
- Patients with proper health literacy and knowledge had the confidence and skills to look for and utilize comparative health care information.
- Higher patient activation levels in the management of chronic conditions significantly contributed to improved patient self-management and health outcomes.
- Researchers have indicated that adequate health literacy and high levels of activation in disease management help patients achieve the best possible quality of life goals as well as diminish the risk factors of their chronic disease.

Theoretical Framework

Individual and Family Self-Management Theory



Gaps

- ✓A few studies examined the relationship between higher patient activation levels in blood pressure control and improved health outcomes.
- ✓Hypertension is a challenging topic for self-management because of its vague symptoms and lack of patients’ awareness of its risk factors.
- ✓Research is needed to explore what significant related factors are to increase patient activation levels and better hypertension control.

Future Direction

- ❖What is not known is the significance of patient activation level in improved clinical indicators for hypertension, such as systolic/diastolic blood pressure levels.
- ❖The future research must focus on tailoring support to the individual's level of activation in hypertension self-management.