Clinical validation of the nursing diagnosis “Risk of unstable blood pressure (00267)” in hypertensive outpatient treatment

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Introduction
Non-adherence to the antihypertensive drug treatment is considered one of the main problems of persons with hypertension¹.

Objective
To relate the risk factor “Inconsistency with Medication Regimen” with the Nursing Diagnosis “Risk of Unstable Blood Pressure (00267)” in treated hypertensive people in a highly complex outpatient clinic.

Methods
Secondary analysis of data from the observational, exploratory study.
- Were included: Hypertensive patients; aged ≥ 18 years; followed up at the outpatient clinic at least 6 months, in the city of São Paulo, SP, Brazil.
- Were excluded: pregnancy and those with cognitive impairment.
  • Morisky Eight-Item Therapeutic Adherence Scale (MMAS-8)² was used to assess the risk of “Inconsistency with Medication Regimen”.
  • Three blood pressure (BP) measurements were taken and BP control was considered for values <140 and/or <90 mmHg.
  • Sociodemographic data and life habits were evaluated.
  • Statistical analysis was performed for values of p<0.05. The study was approved by the Research Ethics Committees (2,831,454 and 3,003,912)

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Results
Were included 253 hypertensive patients: 61.7% women; 65(13.3) years; 63.2% white; 52.8% married; 44.3% had completed high school; 56.1% were smokers, 40% using alcohol beverage, 43.1% obese, and 3.7(1.9) number of antihypertensive drugs. Adherence to antihypertensive reported by hypertensive patients, was high (82.2%) but only 69.2% had their blood pressure under control.

Table 1: Analysis of the specificity and sensitivity of the Morisky test in relation to the control of hypertensive blood pressure.

<table>
<thead>
<tr>
<th>Hypertensive patients</th>
<th>MMAS-8 &lt;7.5</th>
<th>MMAS-8&gt;7.5</th>
<th>Class accuracy</th>
<th>Predictive values</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP controlled</td>
<td>29</td>
<td>146</td>
<td>16.57%</td>
<td>64.44%</td>
</tr>
<tr>
<td>BP not controlled</td>
<td>16</td>
<td>62</td>
<td>79.49%</td>
<td>29.81%</td>
</tr>
</tbody>
</table>

Accuracy: 36.0; Cohen Kappa: -0.027

The concordance of the instrument presented a sensitivity of 79.5% and a specificity of 16.5%. The accuracy was merely 36% and the Cohen's Kappa score was -0.027.

References