Abstract:

TB, HIV, Malaria, and other infectious diseases have historically been the primary cause of morbidity and mortality in developing countries. Globally, however, it is chronic diseases that contribute most to morbidity and mortality. Infectious diseases have become better controlled and the focus of public health care in countries such as Uganda are shifting to chronic diseases. Cardiovascular disease currently accounts for nearly 17 million deaths yearly and is increasing most rapidly in developing countries. Reportedly, 80% of deaths related to chronic diseases occur in developing countries and, if the trend is unchanged, more people will die from chronic disease in those countries than of all other causes.

Consistent with regional and global trends, the chronic disease-related health needs in Uganda are increasing and there is a growing need for nurses to be leaders in preventing, diagnosing, and treating chronic diseases. This feasibility study evaluates an innovative approach in the preparation and mobilization of nurse leaders to address a growing public health issue in Uganda. In Africa nurses provide 80% of the health care and, as such, are ideally positioned to increase public health awareness, promote prevention, and provide education. The research was developed collaboratively and will be conducted by nurse researchers from the USA and Uganda.

Subject population: Ugandan nurse leaders in administrative, educational, and clinical roles will be recruited to participate in the study. The target sample size is 45.

Research Design: Subjects will receive education on hypertension risk factors, assessment, and treatment. Their knowledge, attitudes, and skills in blood pressure assessment will be measured before and after the intervention.

Instruments: The adapted Healthcare Providers’ Knowledge and Attitudes Toward Hypertension Prevention and Treatment Scale and Skills Observation Checklist for Blood Pressure Measurement will be used. Developed by Godfrey Katende, the instruments were adapted with permission.
Procedure: A total of three education workshop sessions will be provided for 10 to 15 persons at each workshop. The educational intervention will follow the World Health Organization guidelines for assessment and management of cardiovascular risk. Based on the findings of the feasibility study, a countrywide study will be designed in collaboration with Ugandan nurse leaders to address the growing problem of hypertension in Uganda.