

Empowerment of GOPC Patients in Blood Pressure Monitoring Skills via Video for Hypertension Patients in NTWC GOPCs

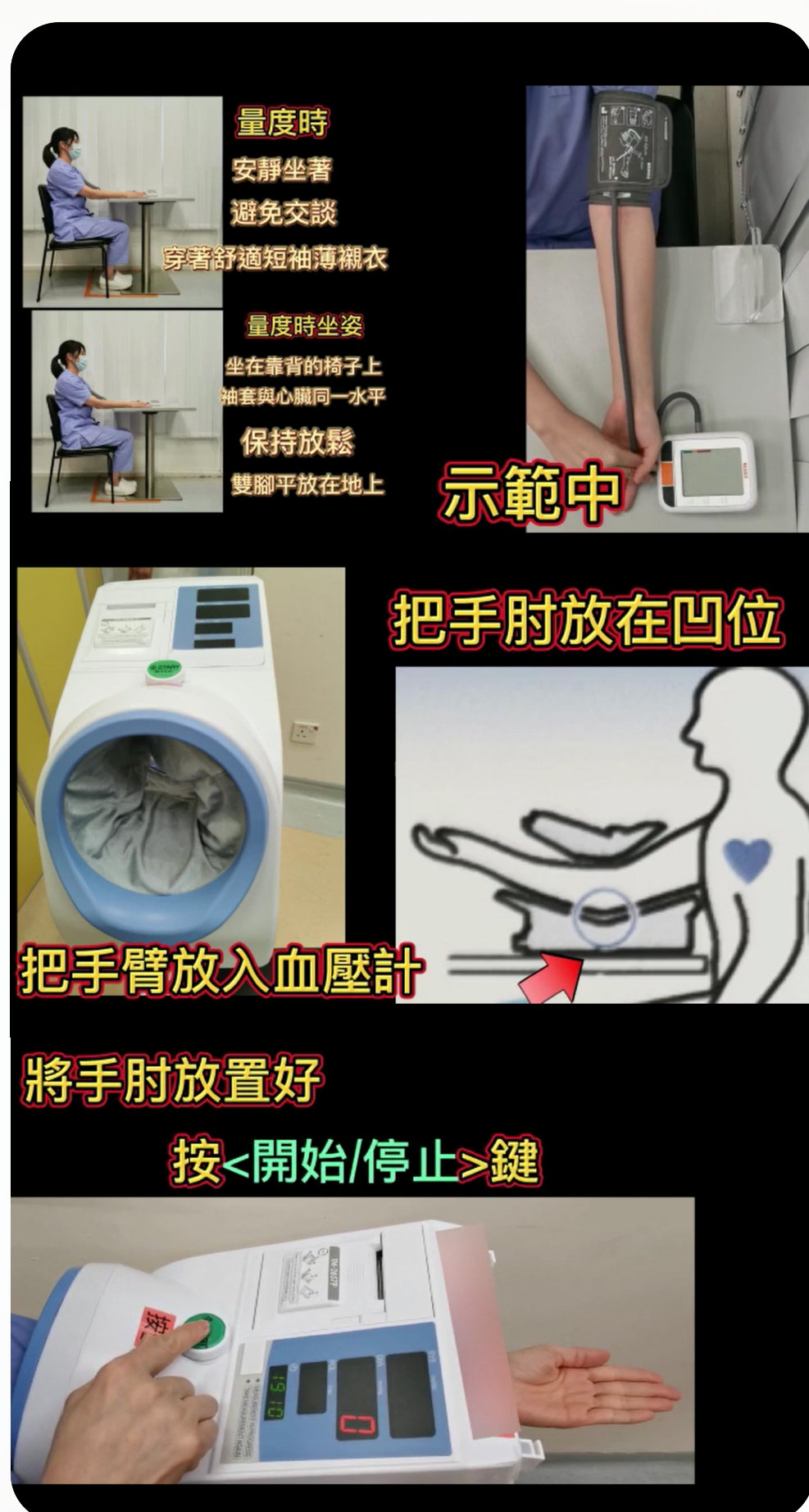
F.Y. LAM, Y.F. WONG, C.F. LAM, S.Y. LAU, S.M. CHAN, S.Y. CHEUNG, B.C. WONG, Y. S. NG

Department of Family Medicine and Primary Health Care, New Territories West Cluster (NTWC), Hospital Authority



Introduction

There were frequent enquiries from patients for the skill of home blood pressure meter and automatic blood pressure machine in General Out-patient Clinics (GOPCs). Therefore, a new teaching model aiming at empowerment of GOPC patients in blood pressure monitoring skill via video and accessible by QR code was implemented.



Methods

The objectives: To empower HT patient's knowledge & competence of using blood pressure monitoring accurately and effectively.

The program was started from January, 2022 and divided into 3 phases. The design and production of pamphlet and video were initiated in first phase from January to August 2022. In the second phase, 25 patients (10 for female and 15 for male, age 40-68) was invited in a pilot study from September to October 2022. They were assessed and evaluated by an identical questionnaire before and after watching the video. The mean score was used to evaluate the pre and post knowledge, competence and satisfaction rate in different groups patient. Finally, the implementation phase was practiced in October, 2022.

高血壓患者自我護理指導問卷
透過閱讀單張與短片示範《家居自我量度血壓方法》及《自動血壓計使用方法》

日期: _____

請於下列題目合適方格內填上“☑”

性別:
 男
 女

年齡層:
 18 - 40 歲
 41 - 60 歲
 61 歲或以上

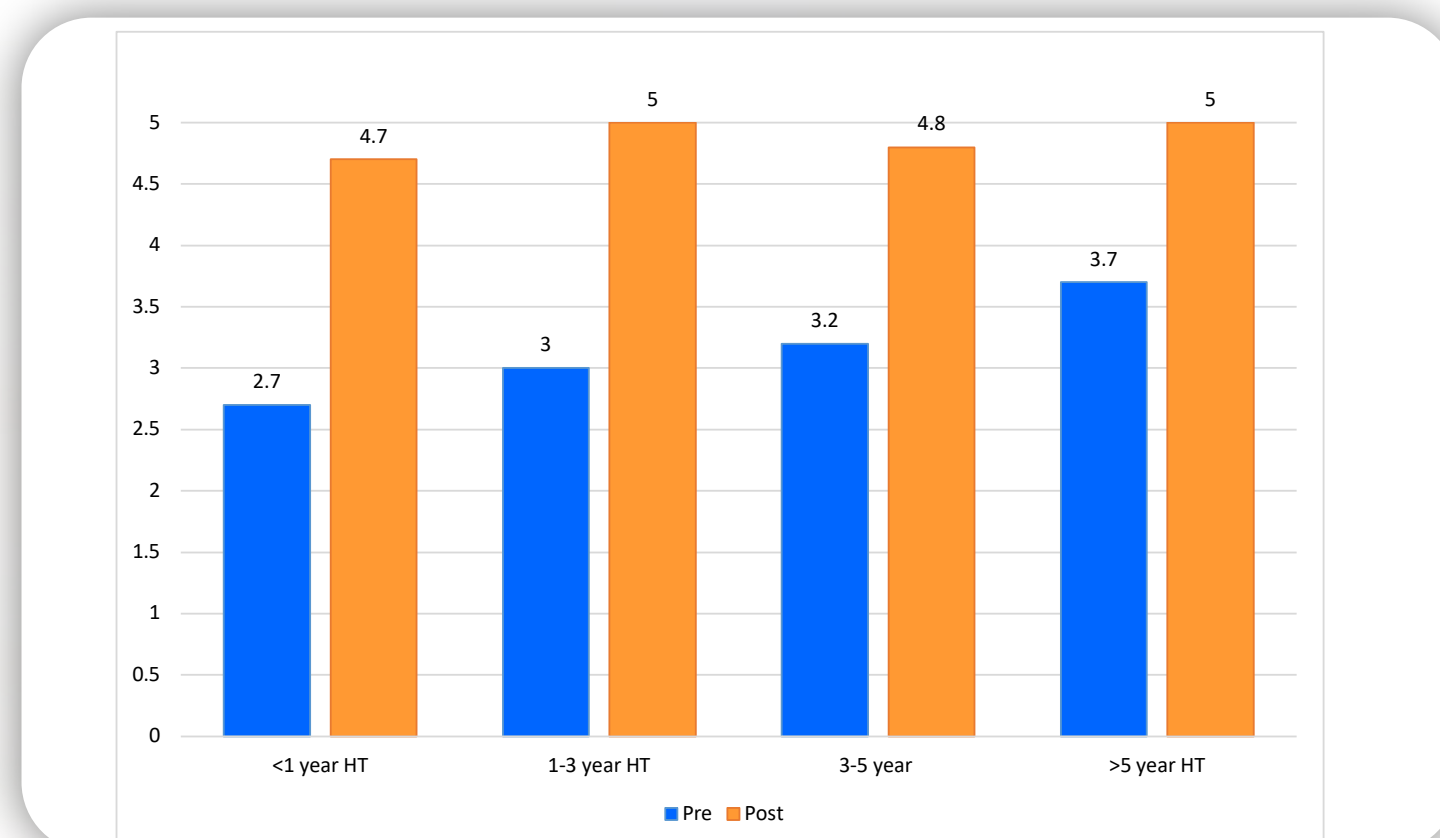
教育程度:
 無接受正統教育
 小學
 中學
 大專或以上

高血壓患病年期:
 少於 1 年
 1 - 5 年
 5 年以上

	以下是我對閱讀單張及觀看短片 (前後) 對家居自我量度血壓的瞭解					
	極不同意 0分	不同意 1分	少許不同意 2分	少許同意 3分	同意 4分	極同意 5分
1. 我知道目標血壓正常範圍						
2. 我知道定時量度血壓的重要性						
3. 我知道正確的量度血壓的方法						
4. 我認為觀看短片示範比只閱讀單張更容易理解及掌握技巧						
5. 我有信心自行在家中量度血壓						
6. 我能夠分辨血壓異常情況並懂得查詢						

問卷到此結束，感謝你的參與!

Mean Score (knowledge, competence and satisfaction rate) of Pre and Post in 4 groups of HT



Results

In the evaluation process, the pre mean score was 2.7-3.7 and the post mean score was 4.7-5 (the max score was 5). The result of the pilot study showed the significance improvement on the properly blood pressure skills for patient.

Conclusions

Patient empowerment was encouraged and had more confident to perform blood pressure monitoring. This new teaching model served as a reference to develop patients on other educational programs and to achieve better health in the future.