



## NURS-FPX 4900 Assessment 1

Nursing Capstone Project Total (Capella University)



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**Assessing the Problem: Leadership, Collaboration, Change Management, and Policy  
Consideration**

Capella University

NURS-FPX4900: Capstone Project for Nursing

## **Assessing the Problem: Leadership, Collaboration, Change Management, and Policy**

### **Consideration**

#### **Hypertension among African Americans**

According to the Centers for Disease Control and Prevention (CDC), there is a high prevalence of developing high blood pressure and other chronic conditions among Black Americans compared to their white counterparts. This state remains unclear, but medical researchers associate environmental and behavioral characteristics with the situation. There is a difference in exposure to the environment and habits between African Americans and whites, which is attributed to the difference in the prevalence of hypertension. Further, African Americans have lower socioeconomic status, contributing to a lack of healthcare knowledge and medical services (Turkson-Ocran et al., 2020). The dietary habits of African Americans, social networks, stress, and healthy behaviors also contribute to the prevalence of hypertension. Many AAs are obese due to poor eating habits and lack of physical exercise. Other challenges facing African Americans include language barrier, poverty, and religious and cultural beliefs. Hypertension often causes mental illnesses such as depression and anxiety. The healthcare services don't extend to some remote areas of AA. Therefore, there are no trained healthcare professionals and health education providers. Hypertension is a cause of concern to public health because, if left untreated, it may cause diseases such as heart attack, stroke, and Kidney diseases. In addition, hypertension causes financial problems to the patients, their families, communities, and health organizations. To address this problem, healthcare facilities must develop evidence-based interventions to reduce the disease's effects and improve the population's quality of life.

## **Hypertension Health Problem among African Americans**

The population of African Americans occupies up to 25 % of the population of the United States. There is a high number of people from these communities with chronic conditions, especially hypertension. Historical and systematic factors such as poverty, lifestyle behaviours, and stressful lifestyle make the state develop at a young age. The complications and the chances of developing related conditions are also more severe. The quality of life is affected, as well as economic stability (Chen et al., 2019). African Americans do not have areas for physical activity and the resources to eat healthy diets. That affects their physical and psychological body functioning. AAs have stressful lifestyles due to unemployment, violence, and poverty, which increases the risk of developing hypertension. Overconsumption of alcohol and tobacco increases the risk of developing hypertension because blood vessels are damaged. Additionally, these regions do not have healthcare facilities or trained healthcare professionals. Lack of resources, cultural and religious beliefs, and language barriers often hinder AAs from accessing the required medical care (Chen et al., 2019). Lack of hypertension management increases the chances of developing other conditions which affect the quality of life and increase hypertension-related deaths. Community-tailored interventions are needed to address the situation and to improve community health.

The main objective of this capstone project is to develop community-centered interventions to address the issue of hypertension among African Americans. Community-centered interventions are developed when the health status characteristics of the community are known and the causes of the problem understood, developing these interventions requires the

contribution of all healthcare stakeholders. Involving stakeholders encourages them to provide insight that can help achieve the best outcome in the interventions. In addition, Involving stakeholders helps make sound decisions and ensures interventions that result in meaningful outcomes are implemented (P. Zhang et al., 2023). Nurses are the main healthcare professionals involved in making interventions to address hypertension among African Americans. Nurses interact closely with communities, making them understand their unique needs. They also advocate for the rights of communities and ensure interventions and strategies solve health problems. Nurses educate patients, offer psychological and social support, assist in treatment adherence, and encourage patients to take control of their health. On the other hand, healthcare leaders ensure effective communication, collaboration, and utilization of available resources. These efforts ensure patients receive safe and high-quality services to improve their health.

### **Literature Review**

The study about hypertension prevalence among African Americans was conducted through a comprehensive search in medical databases such as PubMed, MEDLINE, Scopus, Google Scholar, and CINAHL. Using these databases provides information about the care for hypertension among African Americans and some possible solutions. The Keywords used include hypertension among African Americans, causes of hypertension, effects, and hypertension management strategies. The journals used were accurate, reliable, peer-reviewed, and not over five years old. To ensure timely information, peer-reviewed articles provide information that is relevant to the topic. This capstone project applies the knowledge in Dorothea Orem's Self-Care theory. The theory guides how hypertension patients can maintain their health and well-being. According to this theory, healthcare professionals have a responsibility to help the community to restore and improve their health.

## **Nursing Action to Improve Medication Adherence**

Adhering to treatment plans is an essential aspect of managing hypertension. Sadly, healthcare professionals dealing with AA are often challenged by this issue. Medication non-adherence is common among these communities, especially because of a lack of health education, challenges in understanding medication doses, and cultural and religious beliefs. Lack of support and lack of trust in the medication. These factors affect hypertension management, putting patients at risk of developing related conditions, deferring the quality of life and increasing mortality rates. To address this problem and to enjoy the benefits of medication adherence, healthcare professionals develop interventions to assist AA in improving medication adherence. These efforts include simplifying the medication plans so all patients can understand, implementing patient-based interventions, providing health literacy, and ensuring cultural competence in treatment. Cultural competence involves overcoming language barriers and ensuring healthcare providers are trained in cultural competence. Their efforts ensure that the treatment plans are well understood and that patients trust the medication system. Patients with multiple lifestyle diseases and the old have challenges with medication adherence. In this case, healthcare professionals supervise them closely and involve community health workers to ensure they take their medication promptly. Families and communities are educated on the importance of medication adherence and the risks of not doing so (M. Zhang et al., 2020). Close interaction with the patients helps them to know patients who can adhere to treatment and prevent confusion. Nurses also follow up with the patient. In addition, nurses continue with follow-up to give instructions on self-care, monitor symptoms, and assist with lifestyle modification. Health technology has also improved medication adherence since patients can be reminded to take their

medication on time. Finally, effective communication with patients contributes to medication adherence.

### **Appropriate Policy**

Prevention and management of hypertension requires interventions such as creating awareness about the disease, creating treatment plans, and helping communities change their lifestyle. These interventions need healthcare professionals to understand the demographic data and how they relate to hypertension prevalence. According to the Centers for Disease Control and Prevention (CDC), healthcare professionals should provide health education and physical and emotional support to patients and their families. Implementing evidence-based strategies ensures that the cultural characteristics of communities are addressed, as well as other factors that contribute to effective management (Shah et al., 2020). The Affordable Care Act (ACA) is a policy enacted to improve the health of low-income earners. The approach ensures that these communities have access to quality and safe care. The policy ensures that these communities have access to health insurance coverage, thus improving their health outcome.

### **Leadership Strategy**

Healthcare leadership is crucial in hypertension management. Healthcare leaders develop strategies such as collaboration and teamwork to ensure patients receive the best available care. Healthcare leaders ensure that effective changes are made in hypertension management. They involve all stakeholders to ensure the effective implementation of interventions to improve the quality of life of communities and their health outcomes (Mills et al., 2020). The needs of patients are addressed, and cultural changes are made to motivate patients to manage their

condition. Healthcare leaders ensure the team of professionals work towards the common goal of maintaining the health of AA hypertension patients.

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