

COACHMAN



African American Patients Using Technology to Help Manage High Blood Pressure



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Community Partners

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Educating citizens and professionals on imperative health care issues, seeking to provide minority health data and technical assistance to local agencies working to improve the health status of minority

"I really enjoyed taking my blood pressure on a fairly regular basis. It's something I have never, ever done before... I have an appointment with my doctor in a month, and she just switched my medications...I was able to show her [BP numbers from monitor] and let her know the medication was working."

Study Overview

The success of behavioral interventions targeting hypertension self-management in part depends on an individual's willingness and ability to modify certain health behaviors. Developing effective outreach programs with community partners is a major public health priority and an ideal strategy to educate, empower, and offer support to help African Americans self-manage hypertension. The purpose of this study is to evaluate the effectiveness of a community outreach program combined with a technology-based intervention for hypertension self-management to improve BP control. Data generated from this study will inform community driven programs and research that focus on reducing health disparities associated with suboptimal or poor hypertension self-management among African Americans.

Study Goals

The overall outcomes are to improve and sustain blood pressure control in African Americans through training them to use a mobile application or “app” to help adherence and monitoring of heart health. We trained older African Americans to use this hypertension app in hopes that they would lower their blood pressure over the three month study period.

IMPLICATIONS TO COMMUNITY

Overall, more than two-thirds of participants did really well in both learning and utilizing the health app to monitor their blood pressure.

The COACHMAN intervention provided clinically relevant reduction in blood pressure (BP) in half of the sample.

Study findings also suggested that using technology to support self-managing hypertension is feasible and acceptable by African Americans with hypertension. This was an important outcome as there is often an assumption that older minorities would be unable to use technology based interventions. However, behavioral interventions that use technology alone are not enough to sustain self-managing blood pressure in African Americans. Effective treatment regimens prescribed to lower BP in the clinical environments where many African Americans and low socioeconomic status individuals receive care are also needed to cause long term change in blood pressure.