

WNA/SNA Annual Convention
Abstract Submission Cover Letter
Clinical Projects

To Whom It May Concern:

The following abstract "**Pilot Blood Pressure Screening of Villagers in Rural Kenya**" is submitted as a clinical project abstract by Geoffrey Karanja Mwangi, Heather Voves and Ana Schaper. The contact person is Geoffrey Karanja Mwangi. Mr. Mwangi can be contacted at (920) 265-2320 or at mwangi@wisc.edu.

Sincerely,
Geoffrey Karanja Mwangi, B.S.

Pilot Blood Pressure Screening of Villagers in Rural Kenya

Background: Hypertension is the number one cause of cardiovascular disease. If left unscreened, farmers in rural Kenya will suffer health complications which can lead to loss of productivity on the farm and a decrease in quality of life.

Purpose: Data collection and analysis will serve to develop a database of vital information for building future programs and interventions for management of hypertension in rural Kenya.

Sample / Setting: Convenience sample of men and women representing a farming community in rural Kenya.

Framework: *Health for All: A Model for Nursing's Contributions* recognizes that community health for all people can be achieved through innovative approaches to education and service provided by nurses.

Method: Concurrent data collection methods including demographics, measures of overall health, pain, knowledge of hypertension, past screening, blood pressure using two step method, interventions and education given at the time. Hypertension was defined as readings greater than 120/80 mmHg.

Results: Mean age of the women (n=20) and men (n=10) was 34±10 and 45±16 years, respectively. Participants had at least a primary school education. Only 10% could define high blood pressure, but 48% reported being previously screened. Mean blood pressure readings were 120±15 mmHg systolic and 84±10 mmHg diastolic with 67% having an elevated reading. Nutrition assessment indicated a consistent diet high in fats and salt. Overall, 60% rated their health as fair or poor. Pain was identified as a concern for 30%. Tailored interventions included education on hypertension (n=9), medication management (n=5), and lifestyle changes (n=11).

Implication: Research suggests that raising awareness of high blood pressure, nutritional changes and less salt intake may decrease overall HTN in this population. Furthermore, proper body mechanics may be of great help to control pain and protect participant's backs from prolonged work in the fields.