

## Summary of research No. ( )

### **Effect Of Nursing Guideline for Recently Diagnosed Hypertensive Patients on Their Knowledge, Self-Care Practice and Expected Clinical Outcomes**

**Background:** Hypertension is one of the most common diseases afflicting humans worldwide, and one of the leading causes of death and disability in developing countries. The role of nursing in preventing hypertension is to create awareness, hence, its significant reduction. **The aim of the study was to:** detect the effect of nursing guideline for recently diagnosed hypertensive patients on their knowledge, self-care practice and expected clinical outcomes. **Subjects and methods:** The study was conducted in the outpatient medicine clinics in Elnasr Health Insurance and Zagazig University Hospitals, in Egypt using a controlled quasi-experimental study design with pre-post and follow-up assessments on 85 recently diagnosed hypertensive patients. **The data collection tools included:** Demographic and Medical History Tool, knowledge assessment tool, Stress Assessment Scale, Lifestyle Habits and self-care practice Assessment Tools and the Physical Assessment and Laboratory Investigation Sheet. The researcher developed nursing guideline aimed at effecting lifestyle changes in hypertensive patients to help control their blood pressure and prevent complications. **The study was achieved through four phases.** namely assessment, planning, implementation and evaluation. Each patient was evaluated at the assessment phase, six months after program implementation, and six months after the second evaluation. **Results:** Fifteen patients dropped out. The implementation of the intervention was associated with significant improvements in all aspects of patients' knowledge at the post and follow-up tests ( $p < .001$ ). The total mean stress score declined from a mean  $1.2 \pm 0.3$  at the pretest, to  $1.1 \pm 0.4$  at posttest and  $0.9 \pm 0.3$  at follow-up ( $p < .001$ ). There were significant improvements in blood pressure and lab findings of the patients throughout study phases ( $p < .001$ ). Multivariate analysis showed that the implementation of the nursing guideline was the most important independent predictor of the control of hypertension, in addition to the scores of practice of exercise, compliance and personal self care practice. **Conclusion and recommendations:** Individualized custom-tailored nursing guideline can be effective in the management of recently diagnosed hypertensive patients through improving their related knowledge, self-care practices and Exepected clinical outcomes. It is recommended to apply this program as a routine in the study setting and similar ones

**Key Words:** Hypertension, Nursing guideline, Self-care practices, Exepected clinical outcomes