

Strategies for Improving Medication Adherence of Hypertension Among Haitian Immigrants  
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**Background:** Hypertension is a major public health problem, impacting more than 26% of the global population. In 2015, there were 78,862 deaths due to hypertension in the U.S. Hypertension is defined as blood pressure above 130/80 mm Hg. African Americans and other Black populations living in the U.S. are disproportionately affected by hypertension, with the most commonly reported causes being lack of exercise, genetics, and cultural and dietary influences. The purpose of this project was to examine the feasibility of a culturally tailored education program for Haitian Immigrants diagnosed with hypertension.

**Methods:** A convenience sample of participants (N=30) who identified as Haitian Immigrants were enrolled in this evidence-based education program. This pre- and post-test project had three specific aims: (1) to increase knowledge of hypertension, (2) to reduce non-adherent behaviors, and (3) to decrease blood pressure by 10 mm Hg systolic and 5 mm Hg diastolic. The Hill-Bone Medication Adherence Scale and Blood Pressure Knowledge tests were used for evaluation. Wilcox non-parametric tests were used to examine pre- and post-intervention results.

**Results:** Of the participants that completed the study (N=25), the mean age was 61 years and 60% were female. Among the sample, systolic blood pressure was reduced by 16.4mm/Hg and diastolic by 7.28 mm/Hg ( $p < 0.05$ ). There is a significant increase in medication adherence ( $p < 0.05$ ) and high blood pressure knowledge ( $p < 0.05$ ).

**Conclusion:** Advanced practice nurses are uniquely qualified to implement evidence-based programs that improve patient knowledge and adherence to hypertension management, which can reduce blood pressure rates. Successful implementation of this program can influence future endeavors to explore cost-effective ways to incorporate culturally tailored education and reduce hypertension among target populations.