A Novel Approach for Increasing Blood Pressure Screening in 3-year-old Patients

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THE University of Vermont Children's Hospital

THE UNIVERSITY OF VERMONT COLLEGE OF NURSING AND HEALTH SCIENCES

Geoff Pollitt, RN, DNP-c; Project Adviser: Jean Pelski, Ph.D., APRN, NNP-BC ; Site Adviser: Renee Dall, University Pediatrics Practice Supervisor

BACKGROUND

- 16% of children have high blood pressure[1] (BP)
- High BP can be a sign of renal disease[2]
- May lead to hypertension & organ damage[2]
- Missing BP screening is a missed opportunity to initiate early discussions about lifestyle & diet[3]
- AAP recommends screening annually from age 3[3]

LOCAL PROBLEM

- At UVMMC's largest pediatric primary care clinic over 25% of age 3 patients not screened
- Surveys and interviews with clinic staff indicated BP was attempted for 100% of patients
- Barriers to successful BP screening included:
  - Patients react to clinical-looking BP cuff
  - Parent reluctance & lack of assistance
  - Age 3 inability to remain still & calm

PURPOSE

- Identify barriers to obtaining BP screenings
- Develop & implement an intervention to reduce barriers & increase rates of screenings
- Utilize Davis' Technology Acceptance Model[4]
  - Assess workflow prior to intervention
  - Identify modifiable inefficiencies
  - Streamlined workflow will lead to greater adoption of intervention

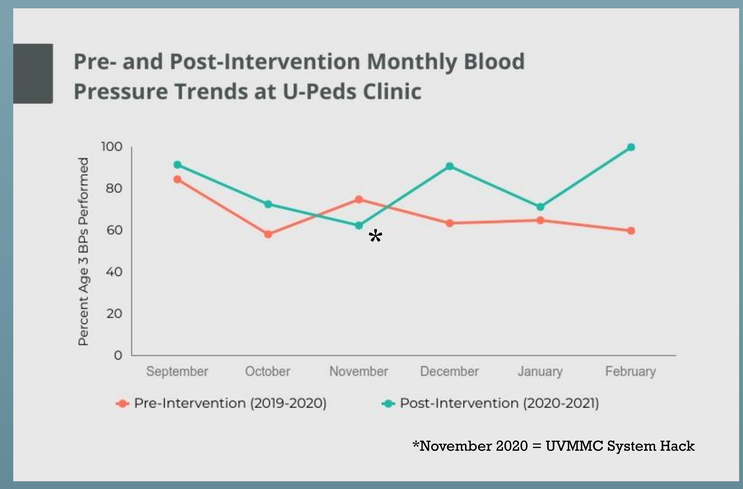
INTERVENTIONS

- Educational poster, handout, & video presentation

- BP aid, "Snuggy" stuffed animal
  - Covers clinical-looking BP cuff
  - Mimics 'hugging' action of cuff
  - Single-use, taken home after
  - Cost < $2.00 per Snuggy

RESULTS

- Mean % BP rose from 66.7% to 81.8%
- Increase in measures of staff confidence & knowledge, reported desire to use Snuggy
- Age 3 patients enthusiastic about Snuggy
- Clinic budgeted for continued use of Snuggy



CONCLUSIONS

- A few easy-to-implement interventions improved the experience of first time BPs for 3-year-old patients and clinic staff alike
- Continued use of Snuggy demonstrates 'buy-in' of clinic staff, sustainability of project

NEXT STEPS

- Repeat project in family practice; ages 3-10

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