

# Evaluation of the patient hypertension guidelines and self-management tools

<b>Submission date</b> 15/03/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 09/05/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 16/07/2010	<b>Condition category</b> Circulatory System	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
06-482

## Study information

**Scientific Title**

**Study objectives**

A patient information leaflet/booklet (based on the Canadian Hypertension Education Program [CHEP] Public Recommendations) and self-management tools (e.g. blood pressure 'tracker', medication diary, and lifestyle changes record) can impact on blood pressure related knowledge, attitudes, and behaviours among patients with elevated blood pressure in family practice.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Final approval received from the Hamilton Health Sciences/McMaster University Faculty of Health Sciences Research Ethics Board on the 23rd January 2007 (ref: 04-682).

### **Study design**

Single-blind randomised controlled trial

### **Primary study design**

Interventional

### **Study type(s)**

Quality of life

### **Health condition(s) or problem(s) studied**

Elevated blood pressure/hypertension

### **Interventions**

This is a single-blind randomised controlled trial of a CHEP-based leaflet/booklet and interactive patient self-management tools, including a blood pressure tracker, for patients with hypertension compared with the usual family practice management and provision of the 2007 CHEP Public Recommendations.

Distribution of a patient information leaflet/booklet (based on the Canadian Hypertension Education Program (CHEP) Public Recommendations) and self-management tools (e.g. blood pressure 'tracker', medication diary, and lifestyle changes record).

Patients allocated to the control group will receive treatment as usual from their physician, with the addition of a copy of the Canadian Hypertension Education Program (CHEP) 2007 Public Recommendations.

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

Change in blood pressure related knowledge, attitudes, and behaviours among patients with elevated blood pressure in family practice.

### **Key secondary outcome(s)**

Blood pressure will be measured in the family physicians office at baseline and exit visits.

**Completion date**

01/09/2007

## Eligibility

**Key inclusion criteria**

1. Adult patients with elevated Blood Pressure (BP) (Systolic Blood Pressure [SBP] greater than 140 mmHg or greater than 130 mmHg if diabetic) who own or intend to purchase a home BP monitoring device
2. Patients will be either undergoing monitoring for a possible diagnosis of hypertension, or be uncontrolled hypertensives

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex**

Not Specified

**Key exclusion criteria**

Patients who do not own or intend to purchase a home BP monitoring device will be excluded

**Date of first enrolment**

01/04/2007

**Date of final enrolment**

01/09/2007

## Locations

**Countries of recruitment**

Canada

**Study participating centre**

Primary Care & Community Research at the Child & Family Research Institute

Vancouver

Canada

V6T 1Z3

## Sponsor information

**Organisation**

McMaster University (Canada)

**ROR**

<https://ror.org/02fa3aq29>

**Funder(s)****Funder type**

Research organisation

**Funder Name**

Canadian Hypertension Education Program (CHEP) (Canada)

**Results and Publications****Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/10/2010		Yes	No