

Evaluation of the patient hypertension guidelines and self-management tools

Submission date 15/03/2007	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 09/05/2007	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 16/07/2010	Condition category Circulatory System	☐ 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?
Results article	results	01/10/2010		Yes	No