Hypertension among adults living in Haiti: An integrative review

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• To discuss results of an integrative review performed to explore the scientific literature about hypertension among adults living in Haiti after the earthquake of 2010
• An estimated 972 million adults are living with hypertension (HTN) worldwide

• HTN projected to reach to 29.2% or 1.56 billion by the year 2025

• HTN disproportionately affects those in middle and low-income countries
Background

- Hypertension (HTN) is the greatest cause of morbidity in Haiti
- HTN is an identified cause of heart failure for 45% of patients
- Primarily associated with more than 70% of cardiovascular disease-related hospital admissions
- HTN and related complications are responsible for an estimated 20% of deaths in Haiti
Figure 1. Search Strategy.

Records identified PubMed, CINAHL, EMBASE, LILAC database searching (n = 152)

Records after duplicates removed (n = 89)

Records screened (n = 46)

Full-text articles assessed for eligibility (n = 25)

Studies included in synthesis (n = 14)

Studies included in synthesis (n = 5)

Filters added (18 & older, English Only) Excluded (n = 43)

Records excluded (Conference proceedings, book chapters, dissertations, etc.)
(n = 21)

Full-text articles excluded, (No discussion of HTN in Haiti) (n = 11)

Records excluded (Editorials, letters to editor) (n = 9)


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### Table 2. Themes identified.

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<th>Prevalence</th>
<th>Public Health Challenges</th>
<th>Knowledge or Awareness</th>
<th>Barriers to Effective Management</th>
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• HTN was confirmed as the most frequent diagnosis in rural health clinics, associated with 82/100,000 or 5.4% of deaths.\textsuperscript{10}

• HTN among Haitians aged >40 is reported at up to 45% of women and 39% of men residing in rural Haiti.\textsuperscript{10,11}
Public Health Challenges

• 75% of its population living on less than $2 per day\textsuperscript{10}

• The majority of adults living in Haiti (53%) reside in rural areas \textsuperscript{10-14}

• Access to health care is distant and sporadic \textsuperscript{10-14}

• Public health indicators in Haiti are the worst in the Western Hemisphere\textsuperscript{12}
Knowledge and Awareness

- 61% of patients that were identified as having HTN were unaware\textsuperscript{12}
- Knowledge of disease was unclear
- Low awareness of HTN as a disease
- Lack of understanding about HTN as a disease may serve as a barrier to treatment.\textsuperscript{11,12}
Barriers to Management

• lack of medical follow-up 11,12
• absence of ongoing health care education programs 10-12
• unstable medication supply 12,13
• difficulty accessing care 12,13
• The influence of cultural beliefs and practices 10
Conclusion

- Literature highlights broad recommendations
- Need for reliable medical follow-up
- Community-based health education programs
- Culturally relevant approaches needed
- Lack of health care and resources
Leading the way in education, research and practice – locally and globally.