Introduction

- The 1997 DASH trial showed that a diet rich in fruits, vegetables and low-fat dairy foods with reduced saturated and total fat can substantially lower blood pressure.
- DASH-Sodium trial noted that addition of low sodium intake (100mmol/day) to DASH had even greater effects in lowering blood pressure.
- There has been a limited emphasis on dietary education during Internal Medicine residency training which may be contributing to poor hypertension control in our community health clinic patients.

Findings

- Demographics of patients with uncontrolled hypertension based on sex:
  - 59% Male
  - 41% Female

- Follow-up period for patients with uncontrolled HTN:
  - 7 patients were followed up for 12 months
  - 3 patients were followed up for 16 months
  - 2 patients were followed up for 24 months

- Number of patients receiving education on DASH:
  - 20 patients were educated
  - 10 patients were not educated

- Components of diet in DASH study:
  - Components of diet in DASH study
  - Expected time period of BP reduction
  - Expected BP reduction with adherence to DASH
  - Belief in proven benefit of DASH

- Percentage of residents surveyed:
  - 65.6
  - 22.2
  - 61.1
  - 83.3

Statement of the Problem

Lack of counseling on the DASH contributes to poor blood pressure control.

Materials and Methods

- Chart review of all patients with uncontrolled hypertension seen in our resident clinic from January 2019 to September 2019 to determine specific lifestyle interventions discussed during patient encounters.
- Survey-based data to assess resident attitudes and behaviors on DASH.

Conclusion

- DASH is proven to improve blood pressure control in Hypertension.
- In our community clinic, it was found that numerous patients with uncontrolled HTN were not being educated on DASH and had long follow-up periods.
- While most residents surveyed believed in the proven benefits of DASH, more education is needed on its components and time period of expected BP reduction to increase its use in the management of HTN.

Future Plans

- We intend to conduct a post-intervention chart review and survey to assess utilization of resources and improvements in blood pressure control of study patients after implementing DASH as a part of their hypertension management.

References