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## Development of a hypertension management program for community-dwelling older people with diabetes in Nanchang, China: A Delphi study

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**Background:** Hypertension is poorly controlled in older people with diabetes. China has a large number of older populations living with diabetes and hypertension, and yet an underdeveloped primary care system to manage the conditions effectively. Research evidence on hypertension management for this population is limited.

**Aims:** To gain health professionals' consensus on the applicability of an evidence-based hypertension management program.

**Methods:** A comprehensive literature review was undertaken to develop an evidence-based hypertension management program for community-dwelling older people with diabetes. The program were stated in a questionnaire and distributed to health professionals in Nanchang who were specialized in the area of practice via Email. This Delphi study set out 75% and over agreement as the consensus rate.

**Results:** Main interventions in the questionnaire include health education, lifestyle modification, medication adherence and intensification and follow-up visit. These interventions are built on the collaboration of health professionals between hospitals and community health services centers (CHSCs). Seventy participants completed the study. Participants were doctors, nurses, pharmacists and dieticians and from hospitals and CHSCs. Of the 28 intervention statements, 22 achieved consensus in round one and the other 6 were modified with consensus achieved in round two. Modification of the interventions was based on participants' comments and addressed how to share the planned interventions by health professionals based on their availability, accessibility and roles in the healthcare system.

**Conclusion:** An evidence-based hypertension management program for community-dwelling older people with diabetes built on cross-sector and inter-professional collaboration was viewed as applicable in Nanchang, China

### Biography

Qiang Tu is currently enrolled as a full-time PhD student at Flinders University, Australia. This paper reports part of his PhD project entitled: "A nurse-coordinated hypertension management program for community-dwelling older people with diabetes in Nanchang, China: A cluster randomized controlled trial". He has been engaged in caring for patients with chronic conditions since his undergraduate medical study. He has published a number of research articles in Chinese Journal prior to his PhD study. His PhD study is supervised by Prof. Lily Xiao, Prof. Jeff Fuller, Dr Huiyun Du and Dr Shahid Ullah.

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