Effectiveness of Knowledge Management on Knowledge and Management of Hypertension in Elderly *

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Abstract

Purpose: This study aimed to evaluate the effects of the knowledge management on knowledge and management of hypertension, and to synthesize good practices in managing blood pressure of the hypertensive elderly patients.

Designs: Participatory action research.

Methods: A purposive sampling of 30 elders who had hypertension and were able to control BP ≤ 140/90 mm Hg was recruited. The measurements included knowledge and behavior on hypertensive management questionnaires, and the interview guides for the focus group and in-depth interviews. The participants attended the meeting for community of practice in the knowledge management process once a month for six months.

Main findings: The results showed that knowledge management processes effect on health problem management of elders with controlled hypertension in both knowledge and behavioral practices especially in diet, observation of symptoms and problem-solving and overall behaviors (p < .05). The guidelines of good practice to control participants' blood pressure were adhered to, including basic exercise principles, avoidance of sugar, fat, and salt in their diet, eating more fruit and vegetables, stress management, taking medication, living in a good environment without air pollution, and observation of symptoms.

Conclusion and recommendations: The findings recommended that the Community of Practice for these elders with hypertension be developed and maintained their activities to sustainably manage their hypertensive problems.

Keywords: elderly, hypertension, knowledge management

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