

Prácticas de la presión arterial: Hypertension Education in the Hispanic Community

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With the help of the Weinberg Memorial Library, I was able to complete my senior Honors project, which allowed me to impact the health of six individuals. I began conducting research for my senior honors project and this spring 2012. In hindsight, I admit I was clueless. I knew I wanted to implement and evaluate the effectiveness of a hypertension educational intervention for Hispanics; however, beyond that I did not know where to begin searching for research guiding the design of a nursing intervention. I began to investigate the topic more seriously in fall 2012 as I was preparing to submit my proposal to the University's Institutional Review Board. The experience glean

evaluating the effectiveness of the educational intervention. Finally, I was able to discover the few studies that have been published evaluating the effectiveness of hypertension educational interventions with Hispanics. Th

they allowed me to design and implement a nursing intervention that taught Hispanic individuals