

Evidence Synthesis Table

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Evidence Synthesis Table

Evidence synthesis refers to a way of putting relevant and appropriate information in a research question or problem with the intention of identifying the gaps in knowledge. It also aims at establishing an evidence base that scholars can use for creating the best practice guidelines or informing policymakers and practitioners (Wandscher et al., 2024). Thus, in research, evidence synthesis is crucial in the identification of the existing connection between two or more sources, which contributes to a conclusion of the needed evidence. In most cases, evidence synthesis is usually unbiased to assist in decision-making or dealing with a particular practice problem (Rosendo-Silva et al., 2023). The purpose of this evidence synthesis table assignment is to outline an evidence synthesis of the effectiveness of using nurse-led motivational interviewing to enhance adherence to medication among adults with uncontrolled hypertension based on five research articles.

Purpose Statement

The purpose of this evidence synthesis is to analyze the current research studies on the effectiveness of using nurse-led motivational interviewing to boost adherence to medication among adults with uncontrolled hypertension in a primary care setting.

Introduction of the Practice Problem

The goal of attaining effective blood pressure control is hindered by poor medication adherence among adults diagnosed with uncontrolled hypertension in the primary care setting. Despite the US having a well-established treatment protocol for its hypertensive patients, the elderly struggle to modify their lifestyle to get a consistent medication plan (Mohan et al., 2023). Such a scenario leads to poor blood pressure control, which increases the risk of cardiovascular events.

Introduction to Evidence-Based Intervention

Based on the primary care setting, the current practice that practitioners use relies on brief provider counseling coupled with standardized patient education handouts. However, Silveira et al. (2019) reveal that dependence on such interventions tends to fail in sustaining long-term medication adherence, as 49% of the adult hypertensive patients discontinue from the planned care after one year. It calls for the use of motivational interviewing, which is a collaborative and patient-centered approach designed to strengthen personal motivation for change as it explores and resolves ambivalence, making it effective in improving medication adherence as it addresses the specific patient barriers (Wandscher et al., 2024).

Significance of the Practice Problem

Hypertension remains a pervasive national health challenge due to its profound implications in the US. According to Silveira et al. (2019), hypertension contributes to 11 million preventable deaths annually across the world. There is a huge disproportionate effect of hypertension among the elderly in the US, with a high rate of complications like heart disease and stroke. The prevalence of hypertension is quite high due to systemic barriers and low health literacy, which leads to poor healthcare outcomes and inconsistent medication adherence. Uncontrolled hypertension has a huge economic burden as America spends \$300 billion annually to deal with the medication and treatment of the patients and lost productivity (Carey et al., 2021). In the US, uncontrolled hypertension contributes to preventable half a million deaths annually, and this underscores the need to develop effective and reliable management strategies to improve medication adherence.