Effect of Follow Up by Using Social Network Based on Mobile on Self-Management Behaviors Among Patients with Hypertension

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Abstract

Background: Given that hypertension is one of the biggest preventable causes of death worldwide, one of the problems of these patients is the lack of proper implementation of self-management behaviors, self-management education, and follow-up of these, which are patients are important.

Objectives: This study aimed to compare the effect of self-management and follow-up with social networks based on mobile on self-management behaviors of hypertensive patients.

Methods: This quasi-experimental study was conducted with 50 patients who had primary hypertension and were referred to the Alzahra hospital, Isfahan, in 2016. Through convenience sampling, patients were selected and allocated to the follow-up and without follow-up groups randomly. Patients in both groups received self-management education for 3 sessions consecutively. Then, the researcher communicated with the patients in the follow-up group with a social network for the next 6 weeks. Data gathering was conducted by the self-management behavior in hypertension questionnaire before and 6 weeks after entry to the study. Data were analyzed by descriptive and inferential statistics through SPSS V.21.

Results: According to the results, there was a statistically significant difference between both groups regarding total self-management behaviors and its dimensions after intervention (P < 0.0001). Improvement of self-management behaviors was observed in patients with a follow-up in comparison with the patients without a follow-up.

Conclusion: Self-management education and a follow-up with social networks based on mobile were effective on self-management behaviors in patients with hypertension. Therefore, nurses can take positive steps towards improving the self-management of these patients through education and utilizing mobile based technologies for following-up.

Keywords: Self-Management Education; Self-Management Behaviors; Social Networks Based on Mobile; Hypertension