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Nursing skills improvement training aimed at hypertension prevention in Mongolia**Chihiro Takezawa¹ and Bolormaa Tsagaan-Uvgun²**¹Japanese Red Cross Hokkaido College of Nursing, Japan²Sukhbaatar Public Health Center, Mongolia

In Mongolia, cardiovascular disease is the leading cause of death and prevention and control of hypertension is a priority issue. Currently, in nurse's basic education at a four-year university, four credits are allocated for public health nursing. However, the opportunities for nurses working in primary and secondary medical institutions in Ulaanbaatar city to learn nursing skills for preventing hypertension are limited. In August 2017, we provided practical training to learn nursing skills for the prevention of hypertension to 22 nurses. The contents were as follows: Correct measurement method of blood pressure, easy-to-understand teaching material to help understand arteriosclerosis, salt concentration measurement and step count measurement and self-management record. As a result, primary health care center nurses are performing hypertension prevention activities: Follow-up training was conducted by themselves and 40 salt concentration. Nurses recommended patient self-records to patients and 60 patients wore a pedometer and recorded their step count. Nurses participated in the creation of educational materials for hypertension prevention. A nurse corner was set up near the internal doctor's room and nurses provided health education to patients and evaluated risk factor of hypertension and bad habits of patients. We achieved many good practices by Mongolian nurses. Future schedule: Continue activities to increase awareness of lifestyle habits using salt concentration meter and pedometer, learn face-to-face interview skills using simulation training and nurses can advise patients to use self-check notes that they record themselves.

Biography

Chihiro Takezawa is an Associate Professor at Japanese Red Cross Hokkaido College of Nursing. Her specialization is Public Health Nursing.

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