



Telenursing for the Primary Care of Hypertension and Diabetes: A Scoping Review

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BACKGROUND

Telehealth services are increasingly being utilized to interact with patients more effectively in primary care. Research suggests that there are potential benefits for implementing telenursing for the primary care of chronic conditions such as hypertension and diabetes.

OBJECTIVE

The aim of this review was to synthesize available evidence on the scope and impact of the use of telehealth nursing services on the management of hypertension and diabetes in primary care.

METHODS

A scoping review was conducted following the JBI Manual for Evidence Synthesis. Electronic databases PubMed, CINAHL, and Scopus were searched using the following keywords: telenursing, hypertension, diabetes, and primary care. Any articles published in English that were relevant to the review question were included. No date restrictions were applied. Three independent reviewers performed screening and data extraction. Data was synthesized using thematic analysis.

RESULTS

A total of 12 papers were included in this review. The interventions concerned mobile health technology ($n = 6$), telephone calls ($n = 4$), and computer usage ($n = 2$). Majority of the studies demonstrated improvement in glycemic and blood pressure control with telenursing interventions, with only one study reporting no significant difference in clinical outcomes. Majority of the studies employed behavioral therapy as a key component of telenursing interventions. Telenursing activities include provision of health education, compliance strategies, and problem resolution facilitation.

CONCLUSIONS

Current evidence suggests that telenursing is a viable approach to increase access to care and improve outcomes for chronic conditions such as hypertension and diabetes. The review shows that telenursing demonstrated equivalent or better clinical outcomes compared to usual care. Limitations of the studies include small sample sizes, and intervention heterogeneity. The findings call for further development of information and communication technology tools used in nursing practice in the context of primary healthcare.