**Mobile Health Applications to Increase Health Literacy about Hypertension among Jamaican Adults**

**Purpose of Study:** The aim of this study is to investigate the effectiveness of health literacy through mobile health applications to counter the prevalence of hypertension in Jamaica. The potential benefits are to increase health literacy and reduce the risk of hypertension.

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**Do you consent for this interview and your responses to be recorded? Yes No**

* How long have you been practicing as a health professional?
  + 15 years
* What type of health discipline do you practice?
  + Pharmacist
* What is your specialty (if any)?

1. With the prevalence of hypertension in Jamaica, do you believe greater levels of health literacy across the board would combat hypertension?
   * Health literacy is a very important tool that can be used to help combat hypertension. However, the health literacy would have to take into consideration patients that are culturally sensitive, their socio-economic background and whether they have low literacy.
2. What is key information that Jamaicans need to know about hypertension?
   * Hypertension also known as high blood pressure, can lead to severe health complications. Untreated blood pressure can lead to serious diseases, including stroke, heart disease, kidney failure and eye problems. The following are the most common symptoms seen in patients with high blood pressure: severe headache, fatigue or confusion, vision problems, chest pain, irregular heartbeat, pounding in your chest, neck, or ears.
3. Do you find that Jamaicans are accepting of information that would increase their health literacy towards hypertension?
4. What method(s) would you recommend could effectively be used to improve hypertension health literacy?
   * Use visual handouts to helped patients understand the importance of treating their blood pressure.
   * Handouts should be at the patient’s education level, but at their health literacy level as well. This is critical to patient understanding and acceptance.
   * Handouts need to be simple with easily identified visual cues.
   * Handouts need to be easy to understand.
   * Handouts need to have 1 to 3 main points only.
5. Would you recommend a mobile application to your patients to help improve their hypertension health literacy?
   * Yes, I would recommend a mobile application to help patients improve their hypertension health literacy.
6. What would you propose be included in a mobile application targeted at helping to improve hypertension health literacy?
   * Some key features should include the ability to export data, send reminders, analyze data, record time and date of blood pressure reading, record weight, and provide information/education.
7. What recommendation to minimize/control or prevent hypertension (in terms of diet, exercise, water/salt intake, checkups, etc.) would you provide for someone that is:
   * Not Hypertensive, Pre-hypertension and Stage 1 to 3 hypertension
     1. Getting to and maintaining a healthy weight
     2. Eating a healthy, low-salt diet
     3. Exercising regularly
     4. Limiting alcohol intake
     5. Quitting smoking
     6. Manage stress
   * Has there been changes in the perspectives and behaviors of patients due to concerns about pre-existing conditions such as hypertension)?