**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?
  + 14 years
* What type of health discipline do you practice?
  + Medicine
* What is your specialty (if any)?
  + Ophthalmology

1. With the prevalence of hypertension in Jamaica, do you believe greater levels of health literacy across the board would combat hypertension?
   * Yes
2. What is key information that Jamaicans need to know about hypertension?
   * If it is not controlled it can cause death as well as organ damage.
3. Do you find that Jamaicans are accepting of information that would increase their health literacy towards hypertension?
   * Yes
4. What method(s) would you recommend could effectively be used to improve hypertension health literacy?
   * Using pictures/ graphics to show how uncontrolled hypertension can affect one's quality of life and ability to earn income.
5. Would you recommend a mobile application to your patients to help improve their hypertension health literacy?
   * Yes, because persons use their phones a lot.
6. What would you propose be included in a mobile application targeted at helping to improve hypertension health literacy?
   * Statistics about age, reduced quality of life, patients on dialysis etc as it relates to complications of uncontrolled hypertension and the importance of compliance with medication, a healthy diet and exercise.
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- Have a regular exercise routine, increase intake of vegetables and water and reduce salt and fast food. Get a blood pressure machine and monitor blood pressure or get annual medical checkups.
   * Pre-hypertensive Increase frequency of exercise , reduce salt intake, get adequate rest.
   * Stage 1 hypertensive Comply with medication, Eat more vegetables, Do more exercise, get adequate sleep.
   * Stage 2 hypertensive Comply with medication, Eat more vegetables, Do more exercise, get adequate sleep, get checkups atleast every 6 months
   * Stage 3 hypertensive Comply with medication, Eat more vegetables, Do exercise within limitations of heart condition, get adequate sleep, get checkups at least every 3 to 4 months.
8. Has there been changes in the perspectives and behaviors of patients due to concerns about pre-existing conditions such as hypertension)?

* Once patients have the knowledge as it relates to the reasons for taking medication every day and for controlling hypertension. I have seen a positive change in their perspective and behaviour in this regard.