

Randomization and baseline assessment

- Select 4 primary care health centres randomized to Intervention or Usual Care Conditions (inclusion criteria size, use of Dutch College of GPs' HTN guidelines)
- Enrol 148 patients (74 per condition, 37 per site). Inclusion criteria: self-identified as Surinamese or Ghanaian, either sex, 20 years or older, diagnosed with HTN, uncontrolled HTN (> 140/90 mmHg) at the last office visit.
- Collect baseline data primary outcome (BP measurement), secondary outcomes (self-reported adherence to prescribed medication and lifestyle changes) and additional background factors.

2 Usual Care Sites

2 Intervention Sites

Usual Care

Patients receive: HTN care and education as usual.

Physicians and HTN educators are encouraged to follow the Dutch HTN guidelines.

Two office visits for assessment of BP and adherence to prescribed medication/lifestyle at 3½ and 6½ months after baseline.

Intervention

Patients receive: HTN care as usual from physician; 3 culturally-appropriate educational sessions on HTN and HTN management (2 wks, 3½ and 6½ months past baseline), culturally-adapted education materials, referrals to facilities that support therapeutic lifestyle changes from HTN educator.

Physicians are encouraged to follow Dutch HTN guideline. HTN educator receives training in culturally-appropriate HTN education.

- Collect data primary outcome (BP measurement), secondary outcomes (self-reported adherence to prescribed medication and lifestyle changes) and additional background factors at 8 months.

- Outcomes Assessment (8 months)

Primary outcome: proportion of patients with a significant reduction in the SBP (baseline SBP minus SBP at 8 months, i.e. ≥ 10 mmHg).

Secondary outcomes: proportion of patients with adequate self-reported adherence to (i) prescribed medication and (ii) lifestyle changes, as measured by the Morisky scale.