1. **Title of the paper: Hypertension**

2. **Thesis Statement: Despite its potential to lead to detrimental health outcomes such as cardiovascular disease and stroke, the impact of hypertension can be significantly minimized through public health education that highlights the importance of early detection, effective risk reduction, and consistent treatment adherence.**

3. <u>**Introduction:**</u>
   a. Key points/ background information
      i. Introduce HTN as a "silent killer"
      ii. Provide broad overview of topic (HTN)
      iii. Explain physiology of BP. Normal vs. abnormal ranges
      iv. Importance of EBP in nursing
   b. Thesis Statement
      i. Despite its potential to lead to detrimental health outcomes such as cardiovascular disease and stroke, the impact of hypertension can be significantly minimized through public health education that highlights the importance of early detection, effective risk reduction, and consistent treatment adherence.

4. <u>**Body of the paper:**</u>
   a. **Statement of the Problem**
      i. Overview of the problem
         1. Essential (primary) versus secondary HTN
         2. Clinical manifestations
         3. BP classifications
         4. ACC/AHA guidelines for diagnosis
      ii. Significance of the topic
         1. Often remains undiagnosed or inadequately managed
         2. Comorbidities: Stroke, CVD, kidney damage
         3. Socioeconomic and racial/ethnic disparities in treatment and control
      iii. Statistical information
         1. Prevalence in adults by sex and age *(Data collected between '21-'23)*
         2. Prevalence of awareness, treatment, and control among adults
         3. Relation between HTN and stroke mortality
      iv. If left untreated how would this affect the nursing community?
         1. Increased incidences of medical crises → strain on healthcare facilities
         2. Increased demand for pt. education

   b. **Risk Reduction/ Treatment of the Problem**
      i. Prevention
         1. Limited consumption of ultra-processed foods. Low-sodium diet.
         2. Regular exercise and wt. management
         3. Stress management
      ii. Screening
         1. "High-risk" populations
         2. USPSTF screening guidelines for individuals ≥ 18 y/o
         3. Screening methods (OBP, ABPM, & HBPM)

      iii. Treatment
1. Nonpharmacologic Tx & supportive care
2. Pharmacological Tx: Thiazide diuretics, calcium channel blockers, ACE inhibitors, and beta-blockers.
   a. Discuss HTN polypharmacy

      iv. What is the impact this research has on patient care?
1. Improved screening guidelines for early detection and prevention
2. Enhanced management in special populations. Healthcare access and equity.
3. Reduced HTN related complications

c. Teaching

      i. 2 learning objectives for the learner
1. Identifies $\geq$ 3 risk factors and $\geq$ 2 prevention strategies
2. Verbalizes the importance of frequent BP monitoring

      ii. Teaching strategies/ methods you will utilize
1. Oral presentation with visual aids and audience participation
2. KWL: What do you already know? What do you want to know? What did you learn?
3. "Teach-back"

      iii. Teaching tools you will utilize
1. Tri-fold poster
2. Take-home brochures
3. BP check *(Will check learner's BP & classify it)*

5. <u>Conclusion</u>

  a. Summarize the main points of the paper
      i. HTN and its impact on overall health and quality of life
      ii. Emphasis of prevention, screening, and risk management
      iii. Importance of Tx adherence post-diagnosis

  b. How does this information apply to evidence-based nursing practice?
      i. Presents current, validated information that improves clinical practice
      ii. Guides effective NI's
      iii. Emphasizes the importance of education (Pre & post diagnosis)

  c. What is the importance of this paper?
      i. Prevention, early identification, and effective intervention
      ii. Review of evidence-based research
1. How to implement into nursing practice
2. How to educate pt.'s and own community
      iii. Recognizing HTN-related complications
      iv. Identifying social determinants of health → How to address & overcome