

**Beebe Healthcare**  
**Margaret H. Rollins School of Nursing**  
**Nursing 102-Nursing Care of Adults**  
**Research Paper: Topical Outline Template**

1. **Title of the paper:** Hypertension: Overview, Prevention, Treatment
2. **Thesis Statement:** Hypertension is one of the most overlooked condition in America, even though it may seem as only a acute condition, it is actually a very serious one that can lead to multiple body system disruption and possibly even death, even though it can be prevented entirely.
3. **Introduction:**
  - a. Key points/ background information
    - i. Provide overview of topic (HTN)
    - ii. Acknowledge HTN as a condition with multiple system impact
    - iii. Explain normal A+P of BP, what's normal and what's considered HTN
  - b. Thesis Statement
    - i. Hypertension is one of the most overlooked condition in America, even though it may seem as only a acute condition, it is actually a very serious one that can lead to multiple body system disruption and possibly even death, even though it can be prevented entirely.
4. **Body of the paper:**
  - a. **Statement of the Problem**
    - i. Overview of the problem
      1. Stages/Classifications of BP
      2. S/S that the body may be experiencing BP
      3. Why/How does HTN occur
    - ii. Significance of the topic
      1. Many significant comorbidities (AKI, Stroke)
      2. One of the most preventable, yet one of the most prominent conditions in the US.
      3. Can have early/preventive treatment if genetically predisposed
    - iii. Statistical information
      1. Prevalence of HTN, and HTN deaths in the US (Adult >25)
      2. Relation of HTN to predisposition of kidney disease
      3. Prevalence of individuals genetically predisposed to HTN
    - iv. If left untreated how would this affect the nursing community?
      1. Increase in demand for secondary disease prevention education
      2. Increase in HTN related hospitalizations, less rooms available for possible critically ill clients
  - b. **Risk Reduction/ Treatment of the Problem**
    - i. Prevention
      1. Limit intake of high sodium and high cholesterol foods

2. Quitting smoking/vaping as soon as possible
3. Exercise 5 times a week for just 30 minutes a day, can even be a walk.
- ii. Screening
  1. Populations considered high risk (Elderly, Obese)
  2. Genetic counselling for genetically predisposed populations. (Family History)
  3. NHLBI screening guidelines for HTN
- iii. Treatment
  1. Medication Treatment: (Preventive medications, Limitation medications)
  2. Non-pharmacological treatments (Support groups, nutritionist)
  3. Discuss why different individuals may be on a different treatments measure.
- iv. What is the impact this research has on patient care?
  1. Improve prevention of HTN is high risk individuals
  2. Reduce secondary medical conditions related to HTN
  3. Reduce day altering s/s of HTN for clients

**c. Teaching**

- i. 2 learning objectives for the learner
  1. Identifies 2 ways to prevent HTN, and 2 ways it can be treated
  2. Be able to identify if them themselves are at high risk for HTN
- ii. Teaching strategies/ methods you will utilize
  1. Oral presentation with a visual aid and audience interaction
  2. Teach back method
  3. Pre-Knowledge questions: What does the reader/listener already know? Or think they know that is false?
- iii. Teaching tools you will utilize
  1. Tri-fold poster
  2. Interactive engaging activities during presentation
  3. Take home informational pamphlets

**5. Conclusion**

- a. Summarize the main points of the paper
  - i. HTN and ability to cause secondary disease or condition
  - ii. Prevention, treatment, and screening to determine level of risk
  - iii. How HTN occurs
- b. How does this information apply to evidence-based nursing practice?
  - i. Portrays current, correct information of HTN that will improve understanding of HTN, and correlate to practice in the field
  - ii. Portrays the importance of community nursing
  - iii. Portrays the importance of quality client education to protect client health
- c. What is the importance of this paper?
  - i. Educated on prevention, treatment, and risk factors for HTN in a vast population of the US
  - ii. How to care for and educate clients with HTN or at high risk for HTN

- iii. Portrays education methods for educating a client with HTN or a client at high risk for developing HTN