

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

1. Title of the paper: Managing Hypertension

2. Thesis Statement: Hypertension is a chronic but manageable disorder, that if left untreated can increase your risk of developing heart failure, stroke, and renal disease.

3. Introduction:

- a. Key points/ background information
 - i. Systolic blood pressure over or equal to 140 and diastolic BP being greater than or equal to 90.
 - ii. Pathophysiology of hypertension: Blood pressure is the force exerted by the blood against the walls of the blood vessel.
 - iii. Systemic vascular resistance and cardiac output, how it is related to creating blood pressure and what happens to it during hypertension
- b. Thesis Statement
 - i. **Hypertension is a chronic but manageable disorder, that if left untreated can increase your risk of developing heart failure, stroke, and renal disease.**

4. Body of the paper:

a. Statement of the Problem

- i. Overview of the problem
 - 1. “Hypertension, or high blood pressure (BP), is the leading cause of morbidity and mortality worldwide, mostly because of its well-established association with a range of cardiovascular disease, including coronary heart disease, heart failure, and stroke.”
 - 2. Is known as the silent killer, due to it having little to no symptoms and most people are unaware that they have high blood.
 - 3. Non-adherence to the management process, like adhering to taking their blood pressure meds at the same time every day.
- ii. Significance of the topic
 - 1. A very common manageable condition that if you spread awareness on, maybe more people will be able to self-manage it.
 - 2. Making the public aware of the signs and symptoms of this condition so that it you can catch it early and try to get medication or other treatments for it sooner.
 - 3. Can lead to life threatening diseases like heart disease or failure, stoke, and renal disease when not controlled properly.
- iii. Statistical information
 - 1. “Almost half of all patients with hypertension have not had is diagnosed, only around half of those with a diagnosis are treated

and only around half of treated individuals achieve adequate BP control; therefore, improvements are needed in both the diagnosis and management of hypertension”

2. 1 in 3 people have hypertension.
 3. **83% of people \geq age 20 with hypertension are aware they have high BP, 76% are being treated and 48% of those aware do not currently have controlled BP.**
- iv. If left untreated how would this affect the nursing community?
1. There will be more patients in the hospital with worsening conditions for example like heart failure, stroke, and renal disease.
 2. There will be a higher demand of patients in the hospital with symptoms related to high blood pressure.

b. Risk Reduction/ Treatment of the Problem

- i. Prevention
 1. Exercise regularly.
 2. Diet consisting of the DASH diet.
 3. Having a heart healthy life style
- ii. Screening
 1. Office blood pressure measurement
 2. Which leads to home blood pressure measurement to track it
 3. Proper technique: no caffeine 30 minutes before, no exercise 30 before, sitting feet flat on the floor uncrossed, back against the chair, cuff directly onto skin and not over clothing, remaining still and quiet.
- iii. Treatment
 1. Taking medications, an example of this could be beta blockers to help lower and regulate your blood pressure.
 2. Controlling other factors like diabetes mellitus
 3. Immunotherapy as a nonpharmacological strategy
- iv. What is the impact this research has on patient care?
 1. Spreading awareness of how common HTN is and how important it is to get it controlled.
 2. Spreading awareness of different treatments or ways to manage HTN.
 3. Sharing ways to prevent getting HTN.

c. Teaching

- i. 2 learning objectives for the learner
 1. Signs and symptoms to look out for with hypertension.
 2. Treatment plans for a patient with hypertension.
- ii. Teaching strategies/ methods you will utilize
 1. I will use the teach back method, where I will explain different key points of hypertension and what to look for and the learner will teach it back to show their understanding.

2. I will also provide handouts to grab the learners attention from the beginning.
 3. I will have a visual displaying all key points throughout my paper that are important for readers to know.
- iii. Teaching tools you will utilize
1. Pamphlets, good take home for the learners.
 2. Big poster board explaining all of the key details like signs and symptoms to look for and ways to manage hypertension. Also making sure that all learning strategies are in an 8th grade or under readers understanding.
 3. **Ensuring all key points are in layman's terms so that the reader can understand.**

5. Conclusion

- a. Summarize the main points of the paper
 - i. What uncontrolled HTN can lead to
 - ii. Ways to treat HTN or manage it
 - iii. Ways to prevent from getting HTN.
- b. How does this information apply to evidence-based nursing practice?
 - i. It promotes early detection, by educating patients on normal compared to high blood pressure.
 - ii. Improves patient education and self management by educating the patient on how to manage hypertension and the signs to look for.
 - iii. While also reducing the complications that can arise from uncontrolled hypertension, stroke, heart failure, renal disease.
- c. What is the importance of this paper?
 - i. Spreading awareness of what hypertension is.
 - ii. Spreading awareness of how to manage hypertension
 - iii. **Spreading awareness of how to look for the symptoms or hypertension and how to prevent it.**

References

Sayer, M., Webb, D. J., & Dhaun, N. (2025). Novel pharmacological approaches to lowering blood pressure and managing hypertension. *Nature Reviews Cardiology*, Article e2431997. Advance online publication. <https://doi.org/10.1038/s41569-025-01131-4>

Hunter PG, Chapman FA, Dhaun N. Hypertension: Current trends and future perspectives. *Brit Jnl Clinical Pharma*. 2021;87(10):3721-3736. <https://doi.org/10.1111/bcp.14825>

Lewis Textbook:

Harding, M. M., Kwong, J., Hagler, D., & Reinisch, C. (2023). *Lewis's medical-surgical nursing: Assessment and management of clinical problems* (12th ed.).

