

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

- 1. Title of the paper: Early detection of hypertension, the silent killer.**
- 2. Thesis Statement:** Hypertension is a chronic cardiovascular disease that has a high risk towards serious life-threatening complications. With early detection, evidence-based management, and lifestyle changes it can be controlled and prevented.
- 3. Introduction:**
  - a. Key points/ background information
    - i. Systolic BP >120, and diastolic BP >90.
    - ii. Several major changes since 2017 to estimate cardiovascular disease risk. (American Heart Association, 2025)
    - iii. #1 preventable cardiovascular disease. (American Heart Association, 2025)
    - iv. Increase systemic vascular resistance.
  - b. Thesis Statement
    - i. Hypertension is a chronic cardiovascular disease that has a high risk towards serious life-threatening complications. With early detection, evidence-based management, and lifestyle changes it can be controlled and prevented.
- 4. Body of the paper:**
  - a. **Statement of the Problem**
    - i. Overview of the problem
      1. Silent killer may have few to no manifestations.
      2. “Half (46.7%) of all adults in the U.S., leading cause of death.” (American Heart Association, 2025)
      3. Non-modifiable risk factors: Age, family history, race, and sex.
      4. Modifiable risk factors.
    - ii. Significance of the topic
      1. Lead to long-term cardiovascular diseases.
      2. Sedentary lifestyle, one of the highest risks to HTN.
      3. HTN-induced brain damage, including dementia. (Santisteban, Iadecola and Carnevale, 2023)
    - iii. Statistical information
      1. “People living with dementia and cognitive impairment expected to rise from 24.3 million in 2001 to 81.1 million in 2040.” (Oisín Cormaca, J., McHugh, C., Mockler, D., Wilson, F., & Kelly, A. M., 2023)
      2. “122 million adults (62.8 million men and 59.6 million women) have HTN in the U.S.” (Blurdorn & Railey, 2023)

3. Chronic prescription medication use, contributing to high clinic visits and readmission rates. (Blurdorn & Railey, 2023)
- iv. If left untreated how would this affect the nursing community?
  1. One of the most prevalent conditions encountered in the primary care.
  2. Emotionally taxing, compassion fatigue, leading to worsening hospitalizations.

**b. Risk Reduction/ Treatment of the Problem**

- i. Prevention
  1. 1,500 mg per day of sodium. DASH diet. (American Heart Association, 2025)
  2. Control of underlying health problems/ lifestyle modification (exercise, stress reduction, weight reduction.)
  3. Avoid tobacco products (bad vasoconstrictor).
- ii. Screening
  1. “MRI is the predominant imaging utilized to estimate manifestations of brain damage associated with hypertension.” (Santiseban, Iadecola and Carnevale, 2023)
  2. 24-hour ambulatory blood pressure monitoring/ at home monitoring.
  3. Screenings every 3 to 5 years for ages 18-39 years with health not related to high BP. (Blurdorn & Railey 2023)
- iii. Treatment
  1. Medication management.
  2. Stress management.
  3. Sedentary lifestyle changes.
- iv. What is the impact this research has on patient care?
  1. Personalize patient care, increase patient involvement, goal setting.
  2. Prevention from lifestyle modifications.
  3. Early detection, less invasive care.

**c. Teaching**

- i. 2 learning objectives for the learner
  1. Take and trend BP at home.
  2. Identify lifestyle modifications.
- ii. Teaching strategies/ methods you will utilize.
  1. Psychosocial and pharmacologic HTN management.
  2. Communicate social and economic factors pertaining to HTN.
- iii. Teaching tools you will utilize.
  1. Tri-fold poster providing visuals of equipment, and trended information.
  2. Healthier food alternatives for improved nutrition.
  3. Exercise options: aerobic, strength training, stretching, mobility.

4. Pamphlets to pass out, regarding key points to remember.

**5. Conclusion**

- a. Summarize the main points of the paper.
  - i. Chronic health condition where BP remains above 120/90, resulting in continuous strain on the heart.
  - ii. Controlled or prevented with lifestyle changes.
  - iii. Education and prevention from other cardiovascular diseases.
  - iv. Medication management.
- b. How does this information apply to evidence-based nursing practice?
  - i. Proper nutritional diets are based by evidence-based practice.
  - ii. Medication management based on side effects and effectiveness is based by evidence-based practice.
- c. What is the importance of this paper?
  - i. Management can reduce risk of HTN-induced brain damage.
  - ii. Asymptomatic, without being caught can lead to irreversible damage.
  - iii. Ealy education and patient care can lead to prevention of hypertensive crises or death.

## References

Blurdorn, J., & Railey, K. (2024, March). *Hypertension Guidelines and Interventions*. ClinicalKey. <https://www.clinicalkey.com/#!/content/playContent/1-s2.0-S0095454323000908?returnurl=null&referrer=null#hl0000435>

*New High Blood Pressure guideline emphasizes prevention, early treatment to reduce CVD risk*. American Heart Association. (2024, August). <https://newsroom.heart.org/news/new-high-blood-pressure-guideline-emphasizes-prevention-early-treatment-to-reduce-cvd-risk>

Oisín Cormaca, J., McHugh, C., Mockler, D., Wilson, F., & Kelly, A. M. (2024, February). Midlife hypertension is a risk factor for some, but not... : *Journal of Hypertension*. [https://journals.lww.com/jhypertension/fulltext/2024/02000/midlife\\_hypertension\\_is\\_a\\_risk\\_factor\\_for\\_some.,2.aspx](https://journals.lww.com/jhypertension/fulltext/2024/02000/midlife_hypertension_is_a_risk_factor_for_some.,2.aspx)

Santisteban, M., Iadecola, C., & Carnevale, D. (2023, January). *Hypertension, neurovascular dysfunction, and cognitive impairment | hypertension*. *Hypertension, Neurovascular Dysfunction, and Cognitive Impairment*. <https://www.ahajournals.org/doi/abs/10.1161/HYPERTENSIONAHA.122.18085>