

Use your three handouts: Highlights from the 2017 Guideline for the Prevention, Detection, evaluation, Management of High Blood Pressure in Adults; and How Can I Reduce High Blood Pressure?, and Guidelines Made Simple, to answer the following questions.

1) What are the parameters for the categories of blood pressure?

Normal          Systolic: <120 mmHg. Diastolic: <80 mmHg

Elevated: Systolic- 120-129 mmHg, Diastolic: < 80mmHg

Stage 1: Systolic- 130-139 mmHg, Diastolic- 80-89 mmHg

Stage 2: Systolic- Equal/greater 140 mmHg, Diastolic- Equal/greater than 90 mmHg

2) Name ten things to do or avoid to obtain an accurate blood pressure measurement.

- 1- Avoid Caffeine prior
- 2- Avoid smoking prior
- 3- Avoid Exercise prior
- 4- Empty bladder prior
- 5- Sit quietly for 5 mins before taking BP
- 6- Ensure BP cuff is at heart level
- 7- Don't take BP over clothes
- 8- Use appropriate size cuff
- 9- Measure both arms and use higher reading
- 10- Support limb that BP is being taken on.

3) What is the main difference between hypertensive urgency and a hypertensive emergency?

Hypertensive urgency is a severe elevation of blood pressure in “stable” patients with no signs of organ damage. Hypertensive emergency is a severe increase of blood pressure related to new or worsening organ damage.

4) What steps should we encourage patients to take when measuring their blood pressure at home?

At home patients should use the same measurement device each day. Take BP at the same time of the day. They should be positioning the BP cuff correctly as well. Communicate with provider regarding any abnormalities.

5) What should we recommend regarding physical activity for patients with hypertension?

Physical activity can help reduce blood pressure and patients should know it is best to start slow by doing things you enjoy such as walking or riding a bike. Also, the goal is to aim for 90-150 minutes of aerobic and/or dynamic resistance exercise per week.

6) What are seven steps patients can take to reduce high blood pressure?

1- Reach a health weight

2- Eat a healthy diet- specifically rich in vegetables, fruits, and whole grains.

3- Increase physical activity

4- Don't smoke and avoid any secondhand smoke

5- Limit excessive alcohol intake (women no more than 1 per day, men no more than 2 per day)

6- Take any medications as directed by your provider

7- Know your baseline blood pressure reading and do everything you can to keep it within that range.