

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

Normal - <120 mm Hg (systolic) and <80 mm Hg (diastolic)

Elevated - 120-129 mm Hg (systolic) and <80 mm Hg (diastolic)

Stage 1 - 130-139 mm Hg (systolic) or 80-89 mm Hg (diastolic)

Stage 2 - > or = 140 mm Hg (systolic) or > or = 90 mm Hg (diastolic)

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

1. Have the patient avoid smoking, caffeine, or exercise within 30 minutes before measurements.
2. Empty bladder before measurements.
3. Sit quietly for at least 5 minutes before measurements and remain still during measurements.
4. Support the limb used to measure BP, ensuring that the BP cuff is at heart level and using the correct cuff size.
5. Do not take the measurement over clothes.
6. Measure in both arms and use the higher reading.
7. Limit sodium; Aim for less than 1,500 mg per day of sodium.
8. Take medicine exactly the way your doctor tells you to and never stop treatment on your own.
9. Lose weight; use more calories than you eat and drink and increase physical activity.
10. Limit alcohol; 2 drinks per day for male, 1 drink per day for female.
11. Enhance intake of dietary potassium.

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

Hypertensive urgencies are associated with severe BP elevation in otherwise stable patients without acute or impending change in target organ damage or dysfunction. Hypertensive emergencies are severe elevations in BP associated with evidence of new or worsening target organ damage.

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

Use the same validated instrument at the same time when measuring at home to more accurately compare results. Position themselves correctly, with the bottom of the buff directly above the

bend of the elbow. Optimally, take at least 2 readings 1 minute apart each morning before medication and each evening before supper. Ideally, obtain weekly readings 2 weeks after a treatment change and the week before a clinic visit. Record all readings accurately. Use a monitor with built-in memory and bring it to all clinical appointments.

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

Regular physical activity helps to reduce blood pressure, control weight, and reduce stress. I would recommend starting slowly and do something they enjoy, such as taking brisk walks or riding a bicycle. Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week and/or three sessions of isometric resistance exercises per week. I would also recommend scheduling an appointment to talk to their healthcare provider about creating a good, individualized plan.

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

1. Reach and maintain a healthy weight
2. Eat a heart-healthy diet that is rich in vegetables, fruits, and whole grains and includes low-fat dairy products, poultry, fish, legumes such as beans and peas, non-tropical vegetable oils and nuts; and limits intake of sodium, sweets, sugar sweetened beverages and red meats. Choose foods rich in potassium
3. Be more physically active
4. Don't smoke and avoid second-hand smoke
5. Limit alcohol to no more than one drink per day for women or two drinks a day for men
6. Take medicine the way your doctor tells you
7. Know what your blood pressure should be and work to keep it at that level