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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- **less than 120 SBP/ less than 80 DBP**

Elevated- **120-129 SBP/ less than 80 DBP**

Stage 1- **130-139 SBP/ 80-89 DBP**

Stage 2- **greater than or equal to 140 SBP/ greater than or equal to 90 DBP**

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

1.) use properly calibrated equipment

2.) pt should avoid smoking, caffeine, and exercise within 30 minutes of measuring blood pressure

3.) pt should have an empty bladder

4.) pt should sit quietly for at least 5 minutes before measurement

5.) pt should remain still during measurements

6.) support the limb used to measure the blood pressure

7.) have the blood pressure cuff at heart level

8.) make sure cuff is the correct size

9.) do not take the measurement over the pt's clothes

10.) measure blood pressure in both arms and use the arm with the higher reading

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

Hypertensive urgency is a systolic blood pressure at or above 180 and/or a diastolic blood pressure at or above 120. A hypertensive emergency, on the other hand, is this same measurement range but with the addition of target organ damage.

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

We should encourage patients to use the same instruments at generally the same time when measuring at home to be the most accurate. We want them to make sure they are positioned correctly with the cuff positioned a little bit above where their elbow bends. We should encourage them to take 2 readings about a minute apart before morning medications and before dinner time. We want to educate on monitoring when they receive a change in their medications as well.

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

We would want to recommend that patients do physical activity, such as walking, in order to help them try and lower their blood pressure as well as possibly losing some weight. It is recommended that they do 90-150 minutes of exercise each week, which calculates out to 30 minutes 3-5 times per week for aerobic exercises. They can also participate in isometric resistance training.

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

Seven steps patients can take are...

- Getting to and/or maintaining a healthy body weight**
- sticking to a heart healthy diet (low sodium/sugar, higher potassium)**
- be active physically**
- do not smoke and try to stay away from others that do**
- limit consumption of alcohol (men 2 drinks/day women 1 drink/day)**
- medication compliance**
- being educated about what your pressure should be and working to keep it in this range.**