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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- A normal SBP in adults is <120 mm Hg and a normal DBP is <80 mm Hg

Elevated- AN elevated SBP for adults in 120-129 mm Hg and DBP is < 80 mm H

Stage 1- A SBP of 130-139 mm Hg or a DBP of 80-90 mm Hg

Stage 2- SBP of ≥ 140 mm Hg or DBP of ≥ 90 mm Hg

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

Some things to do to ensure accurate measurements include:

1. Make sure the instrument you are using is properly calibrated.
2. Have the patient avoid smoking, caffeine, or exercise within 30 minutes before measurements
3. Empty his or her bladder
4. Sit quietly for at least 5 minutes before measurements
5. Have pt remain still during measurements
6. Support the limb used to measure BP
7. Ensure that the BP cuff is at heart level and you are using the correct cuff size
8. Don't take the measurement over clothes
9. Measure in both arms and use the higher reading; an average of 2 to 3 measurements taken on 2 to 3 separate occasions will minimize error and provide a more accurate estimate.
10. Make sure the patient's legs are not crossed and a placed flat on the floor.

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. Hypertensive emergencies are more critical than hypertensive urgencies.

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

Patients should follow these steps when taking their BP 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 cuff 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 clinic appointments. For clinical decision-making, base the patient's BP on an average from readings on 2 or more occasions.

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

We should recommend 90-150 minutes of physical activity a week. Exercise is important and plays a big role in lowering high blood pressure because regular physical activity helps to reduce blood pressure, control weight and reduce stress. It's best to start slowly and do something you enjoy, like taking brisk walks or riding a bicycle. We should also recommend patient to talk to their health care provider about a good plan that would work for them.

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

1. Maintain a healthy weight
2. Eat a healthy diet with whole grains, protein, fruit and vegetables. Try to avoid sodium sweets and sugary drinks
3. Be more physically active
4. Do not smoke and avoid being exposed to 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