

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	< 120mm Hg and < 80 mm Hg
Elevated	120-129 mm Hg and < 80mm Hg.
Stage 1	130-139 mm Hg or 80-89mmHg
Stage 2	> or = 140mm Hg or > or = 90 mm Hg

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

- 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/her bladder and sit quietly for at least 5 minutes before**
- 4. remain still during measurements**
- 5. Support the limb used to measure BP**
- 6. Ensure that the BP cuff is at heart level**
- 7. Utilize the correct size cuff**
- 8. Don't take measurement over clothing**
- 9. Measure in both arms and use the higher reading**
- 10. 2 to 3 measurements taken on 2 to 3 separate occasions will minimize error and provide a more accurate estimate.**

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

Hypertensive urgency results when a patient is non-compliant and doesn't have any clinical or laboratory signs of new or worsening target organ damage. A hypertensive emergency is when a patient has new/progressive or worsening target organ damage.

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

Explain to the patient to use the same validated instrument at the same time when measuring at home to compare results more accurately.

Position themselves correctly, with the bottom of the cuff directly above the bend of the elbow.

They need to 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.

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

Start slowly and do something you enjoy. 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.

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 this is rich in vegetables, fruits and whole grains.**
- 3. Be more physically active**
- 5. Don't smoke and avoid second-hand smoke**
- 6. Limit alcohol to no more than one drink per day for women and two drinks a day for men**
- 7. Take medicine the way your doctor tells you**