

Madison Proy

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 mm Hg & Diastolic: <80 mm Hg

Elevated- Systolic: 120-129 mm Hg & Diastolic: <80 mm Hg

Stage 1- Systolic: 130-139 mm Hg or Diastolic: 80-89 mm Hg

Stage 2- Systolic: > or equal to 140 mm Hg or Diastolic: > or equal to 90 mm Hg

2) Name ten things to do or avoid to obtain 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 measurement.
- 3) Have the patient empty their bladder before taking the BP.
- 4) Have the patient sit quietly for at least 5 minutes before the reading.
- 5) Support the limb that is being utilized to take the BP.
- 6) Use the correct cuff size.
- 7) Measure BP in both arms and use the higher reading.
- 8) Don't take the BP overtop clothing.
- 9) Keep the limb being utilized for the BP at heart level.
- 10) Have the patient remain still throughout the reading.

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

The main difference between hypertensive urgency and hypertensive emergency is that with hypertensive urgency the patient is stable without target organ damage and with hypertensive emergency there are severe elevations in BP along with target organ damage.

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

The steps we should encourage patients to take when measuring their BP at home are to follow all the things listed above as well as using the same instrument at the same time for more accurate results, position themselves with the bottom of the cuff directly above the bend of their elbow, take two readings one minute apart each morning before taking medication and each evening before dinner, obtain weekly readings two weeks after a treatment change and the week before a visit to the clinic, record all readings using a monitor with built in memory, and bring all recorded data to doctor visits.

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

We should recommend including 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week or even 3 sessions per week of isometric resistance exercise regarding physical activity for patients with hypertension. Patients that follow this recommendation could see a natural decrease in their blood pressures.

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

Seven steps patients can take to reduce high blood pressure include:

- 1) Reaching and maintaining a healthy weight.
- 2) Consuming a heart healthy diet which includes vegetables, fruits, whole grains, low-fat dairy products, poultry, fish, legumes, and nontropical vegetable oils and nuts. They should limit their amount of sodium, sweets, sugar sweetened beverages, and red meats in their diet. Choosing foods rich in potassium is also beneficial.
- 3) Increase their physical activity.
- 4) Avoiding smoking or being exposed to second-hand smoke.
- 5) Limit alcohol intake to no more than one drink per day for women or two drinks per day for men.
- 6) Follow medication regimens prescribed to you by your health care provider.
- 7) Educate yourself on what your blood pressure goal should be and work to remain it at that level.