

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(Systolic) and <80 mm Hg (Diastolic)

Elevated: Systolic- 120-129 mm Hg and <80 mm Hg

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

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

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. Support the limb used to measure BP, ensuring that the BP cuff is at heart level and that the correct limb cuff size is being used.
3. Measure in both arms and use the higher reading.
4. Use the same validated instrument at the same time when measuring at home to compare results more accurately.
5. Position the bottom of the cuff directly above the bend of the elbow.
6. Empty his or her bladder before measuring
7. Sit quietly for at least 5 minutes before measurements.
8. Remain still during the full measurement time.
9. Do not take the measurements over clothes.
10. Make sure that the instrument being used is properly calibrated.

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

Hypertensive urgency is when these patients are noncompliant with their antihypertensive meds and therapy and do not have clinical or laboratory evidence of new or worsening organ damage. This is a blood pressure reading of 180/120 or higher. To treat- intensify drug therapy and treat anxiety as applicable.

Hypertensive emergencies are different because this is when a patient's blood pressure is so high that the organ damage can occur. The blood pressure readings are 180/120 or higher.

The main difference is whether it includes organ damage or not. An urgency does not, while the emergency does include 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 compare results more accurately.
- 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.

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

Recommendations for physical activity for patients with hypertension would be 90 to 150 minutes of aerobic and dynamic resistance exercise per week. They can also do 3 sessions of isometric resistance exercises each 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 that is rich in vegetables (Fruits, whole grains, nuts, beans) But, limit sodium, sugar, sweets, and red meats.
3. Be more physically active
4. Do not smoke and avoid second-hand smoke.
5. Limit alcohol intake (no more than one drink per day for women and 2 drinks per day for men)
6. Take medicine the way you were directed to.
7. Know your blood pressure normal and keep it that level.