

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: <120mmHg/<80mmHg

Elevated <120- 129mmHg/<80mmHg

Stage 1 <130-139mmHg/<80- 89mmHg

Stage 2 <140mmHg/ >90mmHg

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

1. avoid smoking
2. avoid caffeine
3. avoid exercise 30 minutes before measurements
4. empty bladder
5. sit quietly for at least 5 minutes before measurements
6. remain still during measurements
7. support limb during measurement.
8. ensuring that the BP cuff is at heart level
9. Using the correct cuff size
10. don't take the measurement over clothes

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 or new or worsening target 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 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.

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

- It is best to start slowly and do something you enjoy, like taking brisk walks or riding a bicycle. Aim for at least 90-150 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. Dash diet

2. eat Fruits

3. eat vegetables

4. eat whole grains

5. expect about 1 mmHg BP reduction for every 1kg reduction in body weight.

6. Recommendation for physical activity 90-150 mints a week

7. For patient who drink alcohol reduce intake to 2 or fewer drinks daily for men and 1 for women