

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?

<b>Normal</b>	<b>&lt;120 / &lt;80</b>
<b>Elevated</b>	<b>120-129 / &lt;80</b>
<b>Stage 1</b>	<b>130-139 / 80-89</b>
<b>Stage 2</b>	<b>≥140 / ≥90</b>

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

- 1. Have patient avoid smoking, caffeine, and exercise 30 minutes before measurement**
- 2. Have patient empty their bladder before hand**
- 3. Have patient sit quietly for 5 minutes before measurement**
- 4. Have patient remain still during measurement**
- 5. Support the limb used, ensuring the cuff is at heart level**
- 6. Use the correct size cuff**
- 7. Do not take blood pressure over clothes**
- 8. Make sure the instrument used is calibrated correctly**
- 9. Measure in both arms and use the higher reading**
- 10. Do not use side of injury, AV fistula, history of mastectomy, etc.**

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

**A hypertensive urgency does not have any impending change in organ dysfunction, while a hypertensive emergency has evidence of new or worsening organ damage. Both have severe blood pressure elevation.**

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

- 1. Use the same instrument at the same time daily**
- 2. Position with the bottom of the cuff directly above the bend of the elbow**

**3. Take 2 readings 1 minute apart each morning before medications and each night before dinner**

**4. Record all readings, use a monitor with built in memory and bring to all appointments**

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

**Start slow by doing something you enjoy such as walking or riding a bike. Try to be active 90-150 minutes a week (30 minutes, 5 days a week). Exercise will help reduce blood pressure, control your weight, and reduce stress.**

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

**1. Maintain a healthy weight**

**2. Heart healthy diet (limit sodium, sugar, and red meat)**

**3. Increase physical activity**

**4. Smoking cessation, avoid secondhand smoke**

**5. Limit alcohol consumption**

**6. Medication compliance**

**7. Be aware of what your blood pressure should be and aim to keep it there**