

Melinda Pickens

Unit 3- Hypertension

L- Chapter 36

ONLINE CONTENT (1H)

Unit Objectives:

- Describe the collaborative care of primary hypertension, including drug therapy and lifestyle modifications. (1,2)*
- Use the nursing process as a framework for providing individualized care to patients with hypertension. (1,2,5,7)*
- Describe the collaborative care of a patient with hypertensive crisis. (1,2)*
(*Course Objectives)

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. Place your answers in the Unit 3 Chapter 36 Dropbox by 0800 on 2/8/2024.

1) What are the parameters for the categories of blood pressure?

Normal	SBP < 120 mmHg and DBP <80 mmHg
Elevated	SBP 120-129 mmHg and DBP <80 mmHg
Stage 1	SBP 130-139 mmHg or DBP 80-89 mmHg
Stage 2	SBP > or = 140 mmHg or DBP > or = 90 mmHg

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

- 1.) Make sure that the instrument you are using to measure the BP is properly calibrated.
- 2.) Have the patient avoid smoking within 30 minutes before measurements.
- 3.) Have the patient avoid caffeine within 30 minutes before measurements.
- 4.) Have the patient avoid exercise within 30 minutes before measurements.
- 5.) Empty their bladder.
- 6.) Remain still during measurements.
- 7.) Support the limb being used to measure the BP, ensuring that it is at heart level.
- 8.) Use the correct cuff size.
- 9.) Don't take the measurement over clothes.
- 10.) Measure in both arms and use the higher reading.

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

Hypertensive urgency is a severe BP elevation in an otherwise stable patient without acute or impending organ damage and hypertensive emergencies is a severe elevation in BP with 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 instrument at the same time of day.

-Position themselves correctly and the bottom of the cuff to be directly above the bend of the elbow.

-Ideally take 2 readings 1 minute apart in the morning before medications and each evening before dinner. Do this for 2 weeks following a medication change.

-Record all measurements accurately or bring the machine in that has built in memory.

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

Physical activity should include 90-150 minutes of aerobic and/or dynamic resistance exercise per week and/or 3 sessions per week or isometric resistance exercises.

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, and whole grains and includes low fat dairy products, poultry, fish, legumes, nontropical vegetable oils and nuts. Limit intake of sodium, sweets, sugar sweetened beverages and red meats. Choose foods that are rich in potassium.

3.) be more physically active.

4.) Don't smoke and/or avoid secondhand smoke.

5.) Limit alcohol to no more than one drink a day for women or two drinks a day for men.

6.) Take medication the way your doctor tells you.

7.) Know what your blood pressure should be and work to keep it at that level.