

Shawnita Miller

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 120mm Hg and 80mm Hg

Elevated 120-129mm Hg and 80mm Hg.

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

Stage 2 140 mm Hg or 90 mm Hg

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

1. Use the same device at the same time.
2. Position yourself correctly.
3. Take 2 readings 1 min apart each morning.
4. Avoid smoking, caffeine, and exercise 30 min before measurements.
5. Sit quietly for 5 mins before measurements.
6. Remain still during measurements.
7. Empty bladder
8. Measurements both arms and use higher reading.
9. Support limbs make sure BP cuff is at heart level.
10. Use the correct size cuff.

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

Hypertensive urgency is related with severe BP elevation in stable patients without acute change in organ damage. Hypertensives are severe elevations in blood pressure with evidence of new or worsening organ damage.

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

Use the same device, position themselves correctly with the cuff above the bend of the elbow. Take at least two readings 1 minute apart each morning before medication and each evening before supper. Record all readings, use a monitor with a built-in memory.

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

Exercise within 30 minutes before measurements. Start slowly, take brisk walks, or ride a bike, swim. Aim for 90 to 150 mins per week or three sessions of aerobic exercise.

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

1. Physical activity of 90 to 150 minutes of exercise per week.
2. Reduce alcohol intake.
3. Don't smoke.
4. Take medicine as per MD orders.
5. Reach and maintain weight.
6. Eat a heart-healthy diet.
7. Limit sodium