

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?

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

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

- Avoid smoking within 30 mins before reading
- Avoid caffeine within 30 mins before reading
- Sit quietly for at least 5 minutes before a reading
- Remain still during the blood pressure reading
- Avoid exercise within 30 minutes before reading
- Have an empty bladder before reading
- Remain still during measurements
- Measure in both arms and use the higher reading
- Don't take the measurement over clothes
- Support the limb used to measure BP
- Use the correct cuff size, have the cuff at heart level during reading

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

- A hypertensive emergency includes target organ damage, as well as a systolic >180 and diastolic >120 . Hypertensive urgencies include the above blood pressures, but in otherwise stable patients without organ damage. Elevated troponin levels and b-type natriuretic peptide tests (BNP) can be used to identify organ damage.

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

- Position the cuff directly above the bend of the elbow
- Take at least 2 readings 1 minute apart each morning before medication and each evening before dinner.
- Use the same blood pressure cuff for each reading
- Record all readings accurately, use a monitor with a built in memory, bring readings to all appointments.

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

- Start slowly, participate in low impact exercise like walking, riding a bike, or swimming. Try to exercise 20 minutes a day, or at least 90 to 150 minutes of aerobic exercise a week.

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

- Reach and maintain a healthy weight
- Eat a heart healthy diet: rich in vegetables, fruits, whole grains, low fat dairy, poultry, and fish. Reduce sodium, sweets, red meats and sugary beverages.
- Be more physically active (20 mins a day, 120 mins a week)
- Don't smoke, stay away from secondhand smoke
- Drink no more than one drink a day for women or two a day for men
- Be compliant with medications, take them as prescribed.
- Know what a healthy blood pressure is, work to keep yours at that level.