

## 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: <120/<80

Elevated: 120-129/<80

Stage : 130-139/80-89

Stage 2: >140/>90

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

1. Avoid smoking, exercise and no drinking caffeine 30 minutes before assessing blood pressure.
2. Empty bladder
3. Sit quietly for at least 5 minutes before taking BP
4. Remain still during taking the BP
5. Support the limb being used to take the BP
6. Ensure that the BP is being taken above the heart level
7. Use correct cuff size ( wrong size can make a patient look like they're hypertensive or hypotensive)
8. Avoid taking blood pressure over clothes
9. Measure in both arms and use the higher reading
10. Always take an average of 2 to 3 measurements to avoid any possible error

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

The difference between hypertensive urgency and hypertensive emergency is normally hypertensive urgency when SBP is  $>180$  and DBP  $>120$  but normally occurs on mostly acute/stable patients, while a hypertensive emergency shows that there is new evidence of new organ damage associated with the HTN.

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

- Always use the same device to take the BP each time so healthcare providers can accurately compare blood pressures.
- Position correctly, sitting in a chair, feet on the floor, BP cuff right above the crease of their elbow.
- Take 2 readings at least 1 minute apart each morning before medications and before dinner.
- Keep a Blood pressure diary to help keep track of the blood pressures.

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

Regular exercise can not only help reduce stress and anxiety, it can help lose weight and lower blood pressure. Start by taking a walk or biking for at least 90-150 minutes about 3 times a week. It is helpful to start small and work your way up to longer exercise time and more times a week so you build a tolerance.

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

In the *“how can I reduce high blood pressure”* article I found these seven steps to help educate patients on managing their hypertension.

1. Reach and maintain a healthy weight.
  - a. Plan health goals with a health care provider and make lifestyle changes.
2. Eat a heart-healthy diet that is rich in vegetables, fruits, and whole grains and includes low-fat dairy products, poultry, fish, legumes (beans and peas), nontropical vegetable oils and nuts; and limits intake of sodium, sweets, sugar sweetened beverages and red meats. Choose foods rich in potassium.
3. Be more physically active.
4. Don't smoke and avoid second-hand smoke.
5. Limit alcohol to no more than one drink per day for women or two drinks a day for men.
6. Take medicine the way your doctor tells you.
7. Know what your blood pressure should be and work to keep it at that level.