

## 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 mmHg systolic and < 80 mmHg diastolic

Elevated            120-129 mmHg systolic and < 80 mmHg diastolic

Stage 1            130-139 mmHg systolic and 80-89 mmHg diastolic

Stage 2            >140 mmHg systolic and > 90 mmHg diastolic

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

Avoid smoking, caffeine, or exercise within 30 minutes before measurements, empty bladder, sit quietly for 5 minutes, and remain still during the reading. Support limb used to measure blood pressure, have cuff at heart level, measure in both arms and keep the higher reading.

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

Hypertensive urgencies are associated with severe BP elevation in normally stable patients without organ damage/dysfunction. Whereas hypertensive emergencies are severe elevations in BP with new or worsening 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 the bottom of the cuff directly above the bend of the elbow. Take at least 2 readings 1 minute apart each morning before medications, followed by each night before dinner. Record all readings, bring it to all appointments.

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

It is best to start slow and to aim for 90 minutes to 150 minutes per week. Make sure to do something you enjoy and ask the doctor if you'd like a good plan.

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

- 1) Reach/maintain a healthy weight
- 2) Eat a heart healthy diet
- 3) Be more physically active
- 4) Don't smoke and avoid second hand smoke
- 5) Limit alcohol
- 6) Take medicine the doctor prescribes to you
- 7) Know what blood pressure should be and work on maintaining it