

## 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 – Systolic <120, Diastolic <80

Elevated - Systolic 120-129, Diastolic <80

Stage 1 - Systolic 130-139, Diastolic 80-89

Stage 2 - Systolic > or equal to 140, Diastolic > or equal to 90

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

1. Make sure device is properly calibrated
2. Avoid smoking, caffeine, and exercise 30 minutes prior to BP measurement
3. Sit quietly for 5 minutes prior
4. Support limb and make sure cuff is at heart level
5. Use the correct cuff size for the patient
6. Do not try and measure over clothing
7. Tell the patient to avoid talking or moving during the measurement
8. Have the patient empty their bladder prior
9. Take the measurement in both arms to ensure that they are close
10. Do not take the BP more than twice in the same arm back to back

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

Hypertensive urgency are severely high BPs in otherwise stable patients without acute change in organ damage. Hypertensive emergencies are severe BP elevations that are associated with target organ damage.

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

- Have the patient rest prior to taking the BP
- Use the same machine each time to ensure accuracy
- Position themselves correctly and make sure the bottom of the cuff is directly above the bend of the elbow
- Do not take the BP more than twice in the same arm
- Record all the readings so that way you can report them to your HCP

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

We should recommend 120-150 minutes of aerobic exercise per week and/or 90-150 minutes of dynamic exercise per week. This helps to lower blood pressure. Aerobic exercises include jogging, cycling, and swimming. Dynamic includes squats, jumping jacks, and lunges.

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

1. Obtain and maintain a healthy weight
2. Eat a heart healthy diet, rich in vegetables, fruits, and whole grains but low in sodium, sweets, and sugar sweetened beverages and red meats.
3. Become more physically active
4. Do not smoke and avoid second hand smoke
5. Limit alcohol intake, women – no more than 1 drink/day, men – no more than 2 drinks/day
6. Follow medication regimen
7. Know your regular blood pressure and try your best to keep it at that level