

## 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 >140 diastolic >90**

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

Keep the arm at the level of the heart, correct cuff size, use the arm that is higher if known, make sure the patient is not winded or out of breath, make sure they are comfortable, ask the patient if they get nervous at the doctor, if they have diagnosed HTN be sure they have taken their medication.

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

A hypertensive emergency is when their blood pressure is so high, and it is causing damage or could cause damage to the target organs-they will need to be hospitalized. Hypertensive urgency is when the blood pressure is very high but is not damaging or is showing no signs of damaging target organs-May not need to be hospitalized.

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

They should take it first thing in the morning when they wake up or at the same time everyday and keep a log of all your readings to take to your doctor appointments.

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

Being more physically active can help with hypertension and is recommended most days of the week.

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

Maintain a healthy weight, eat a healthy diet, stopping smoking, not drinking alcohol, getting physical activity, take your prescribed medication as the doctor orders it, and limit sodium intake.