

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 1: 130-139/80-89

Stage 2: >140/>90

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

1. ensure your device is properly calibrated
2. Have the patient avoid smoking, caffeine
3. Have the patient empty his or her bladder before taking
4. sit quietly for at least 5 minutes before measurements and remain still during measurements
5. Support the limb and ensure proper cuff size, ensure it is directly on the skin not over clothing
6. Measure in both arms and use the higher reading
7. Position the patient correctly, with the bottom of the cuff directly above the bend of the elbow and with the cuff at heart level
8. avoid exercise 30 mins before taking BP
9. take readings at the same time everyday
10. Relax before taking BP

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

Hypertensive urgencies are associated with severe BP elevation in stable patients without acute or impending change in target organ damage or dysfunction. Hypertensive emergencies are severe elevations in BP associated with new or worsening target organ damage.

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

Use the same instrument every time. Position themselves correctly and ensure the bottom of the cuff is at the bend of their elbow. Take 2 readings 1 min apart each morning before medication and each evening before dinner. Obtain weekly readings 2 weeks after treatment change and a week before a visit. Record all readings accurately, use a monitor with built in memory and bring it to each clinic visit.

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

Recommendations for physical activity include 90 to 150 minutes of aerobic or dynamic resistance exercise per week or 3 sessions per week of isometric resistance exercises.

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

1. DASH diet; fruits, vegetables, whole grains, and low-fat dairy products. Reducing sodium & increasing potassium

2. Stop smoking

3. increase physical activity if not doing so already

4. Take medications as ordered

5. Maintain a healthy body weight

6. Reduce daily stressors

7. reduce drinking to 2 or fewer drinks per day for men and 1 for women