

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= >or equal to 140 / > or equal to 90

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

1. Have the patient avoid smoking.
2. Have the patient avoid caffeine.
3. Have the patient empty their bladder before the measurement.
4. Have the patient sit still for 5 minutes before taking the measurement.
5. Support the limb that is being used to take the measurement, so it is at the level of the heart.
6. Measure the reading in both arms and use the higher reading.
7. Ensure the cuff is the correct size.
8. Ensure the measurement is not being taken over clothing.
9. Do not exercise within 30 minutes of the measurement.
10. Ensure the patient is still the entire time.

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

Hypertensive urgency is when the patient's blood pressure is severely elevated, but they are stable otherwise and have no organ damage or dysfunction. Hypertensive emergencies are when the patient has severe elevated blood pressure that is associated with organ damage or dysfunction.

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

We should encourage patients to use the same blood pressure machine at the same time each day. Put the bottom of the cuff in the elbow of their arm and ensure it is the right size. Take two readings in the morning before the medications and then take each reading before dinner time.

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

We recommend a patient with hypertension do 90 to 150 minutes of aerobic exercise per week or do 3 sessions of isometric resistance exercises per week.

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

1. reach and maintain a healthy weight.
2. Eat a heart healthy diet including vegetables, fruits, and whole grain food.
3. Be more physically active.
4. Do not smoke.
5. Limit alcohol intake, 2 drinks a day for men and 1 day a drink for women.
6. Take your medication as prescribed.
7. Know what your blood pressure should be and try to maintain that range.