

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 less than 120- diastolic less than 80

Elevated systolic 120-129 and diastolic less than 80

Stage 1 systolic 130-139 or diastolic 80-89

Stage 2 systolic greater than 140 or diastolic greater than 90

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

Be still

Take the measurement around the same time every day

Sit with your feet flat on the floor, don't have your legs crossed

Do not take your blood pressure over clothes

Record the results of your blood pressure

If you were walking around, wait 5 mins then take your blood pressure

Use the right cuff size. It should fit around your upper arm and not be too fit or too loose

If the blood pressure is elevated wait 5 mins and take it again on the other arm

Keep your arm at heart level, you can place your arm on a table or on your chest

Consult your doctor if the reading is elevated above 180 or above 90 for multiple readings,

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

Hypertensive urgency the blood pressure is severe, but the patient is stable

Hypertensive emergency the blood pressure is severe and the patient has new or worsening organ damage

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

Sit comfortably in a chair, with your feet flat on the floor. Keep your arm a chest level when taking the reading. Make sure you have a proper blood pressure cuff.

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

Do 30 min workouts 5 times a week. The works can be walking, swimming, running, playing with the grandchildren, maybe signing up for a Zumba class.

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

Maintain a healthy weight

Eat heart- healthy diet (low fat dairy, fish, poultry, vegetables, fruit, limit sugar and sodium)

Increase physically active

Don't smoke or be around secondhand smoke

Take medication as the doctor tells you too

Take your blood pressure at home

Know what your blood pressure should be and try to maintain it.