

## 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	SBP <120 mmHg and DBP <80 mmHg
Elevated	SBP 120-129 mmHg and DBP <80 mmHg
Stage 1	SBP 130-139 mmHg and DBP 80-89 mmHg
Stage 2	SBP > or equal to 140 mmHg and DBP > or equal to 90 mmHg

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

1. Avoid smoking, caffeine intake or exercise within 30 minutes of measurement.
2. Empty bladder
3. Sit quietly for at least 5 min before measuring
4. Remain still during measurement
5. Ensure BP cuff is at heart level and using the correct cuff size
6. Do not take measurement over clothes
7. Measure in both arms and use the higher reading
8. Support the limb used to measure BP
9. Avoid talking while taking BP
10. Stay hydrated

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

The main difference is that Hypertensive urgency does not have clinical or laboratory evidence of new or worsening target organ damage. And Hypertensive emergency has new/progressive or worsening target organ damage.

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

- Use the same validated instrument at the same time when measuring at home to more accurately compare results.
- Position themselves correctly, with bottom of cuff directly above the bend of the elbow.
- Take at least 2 readings 1 minute apart each morning before medication and each evening before supper
- Obtain weekly readings 2 weeks after a treatment change and the week before a clinic visit
- Use a monitor with built in memory and bring it to all clinic appointments.

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

- 90 to 150 minutes of aerobic and or dynamic resistance exercise per week and or 3 sessions per week of isometric resistance exercise

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

1. Maintain a healthy weight
2. Eat a heart healthy diet that is rich in vegetables, fruits, and whole grains and includes low-fat dairy products, fish, beans, peas, nuts, limit sodium, sweets, sugar, sweetened beverages, and red meats.
3. Choose foods rich in potassium
4. Do not smoke and avoid second-hand smoke
5. Limit alcohol to no more than one drink per day for women and two drinks a day for men.
6. Medication compliance
7. Know what your blood pressure should be and work at keeping it at your baseline level.