

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 mmhg; diastolic- <80 mmhg

Elevated: systolic- 120-129 mmhg; diastolic- <80 mmhg

Stage 1 : systolic- 130-139 mmhg; diastolic- 80-89 mmhg

Stage 2: systolic- > or equal to 140 mmhg; diastolic- > or equal to 90 mmhg

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

- Instrument properly calibrated
- Avoid smoking, caffeine, or exercise 30 minutes before measurement
- Empty the bladder
- Sit quietly for 5 minutes before
- Remain still during measurement
- Support the limb being used
- Ensure the cuff is at heart level
- Ensure the cuff is the right size for the patient
- Do not take the measurement over clothes
- Measure in both arms and use the higher reading

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

Hypertensive urgency and hypertensive emergency both have severe blood pressure elevations. However, hypertensive emergencies are associated with signs and symptoms of 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 at the same time every day to accurately compare results
- Position your body correctly, with the bottom of the cuff directly above the bend of the elbow
- Take 2 readings 1 minute apart each morning before any medication and each evening before dinner
- Obtain weekly readings 2 weeks after a treatment change and the week before a clinic visit
- Record all readings accurately

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

We should recommend 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week and/or 3 sessions per week of isometric resistance exercises.

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

- Reach and maintain a healthy weight
- Eat a heart healthy diet, like the DASH diet
- Be more physically active
- Do not smoke and avoid secondhand smoke
- Limit alcohol intake
- Take medication the way it is prescribed
- Know the correct blood pressure levels and work to keep it in a normal range