

Unit 3- Hypertension

L- Chapter 36

ONLINE CONTENT (1H)

Lindsey Steele

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 mmHg systolic and <80mmhg diastolic

Elevated: 120-129mmHg systolic and <80 mmHg diastolic

Stage 1: 130-129 mmHg systolic and 80-90 mmHg diastolic

Stage 2: >/ 140 mmHg systolic and >/ 90 mmHg diastolic

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

1. make sure the instrument you are using is properly calibrated
2. Have the patient avoid smoking, caffeine, or exercise within 30 minutes before measurements;
3. Have the patient empty the bladder
4. have patient sit quietly for at least 5 minutes before measurements, and remain still during measurements.
5. Support the limb used to measure BP, ensuring that the BP cuff is at heart level and using the correct cuff size;
6. Do not take the measurement over the clothes.
7. Measure in both arms and use the higher reading; an average of 2 to 3 measurements taken on 2 to 3 separate occasions will minimize error and provide a more accurate estimate.

8. Use the same validated instrument at the same time when measuring at home to more accurately compare results
9. Position themselves correctly, with the bottom of the cuff directly above the bend of the elbow.
10. Optimally, take at least 2 readings 1 minute apart each morning before medication and each evening before supper. Ideally, obtain weekly readings 2 weeks after a treatment change and the week before a clinic visit.

3) What is the main difference between hypertensive urgency and a hypertensive emergency? Hypertensive urgencies are associated with severe BP elevation in otherwise stable patients without acute or impending change in target organ damage or dysfunction. Hypertensive emergencies are severe elevations in BP associated with evidence 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 validated instrument at the same time when measuring at home to more accurately compare results. Position themselves correctly, with the bottom of the cuff directly above the bend of the elbow. Optimally, take at least 2 readings 1 minute apart each morning before medication and each evening before supper. Ideally, obtain weekly readings 2 weeks after a treatment change and the week before a 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 and/or dynamic resistance exercise per week and/or 3 sessions per week of isometric resistance exercises. Regular physical activity helps to reduce blood pressure, control weight and reduce stress. It's best to start slowly and do something you enjoy, like taking brisk walks or riding a bicycle. Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week and/or three sessions of isometric resistance exercises per week.

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

- Reach and maintain a healthy weight.
- Eat a heart-healthy diet that is rich in vegetables, fruits, and whole grains and includes low-fat dairy products, poultry, fish, legumes (beans and peas), nontropical vegetable oils and nuts; and limits intake of sodium, sweets, sugar sweetened beverages and red meats. Choose foods rich in potassium.

- Be more physically active.
- Don't smoke and avoid second-hand smoke.
- Limit alcohol to no more than one drink per day for women or two drinks a day for men.
- Take medicine the way your doctor tells you.
- Know what your blood pressure should be and work to keep it at that level.