

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, diastolic = less than 80

Stage 1 – Systolic = 130-139, diastolic = 80-89

Stage 2 – Systolic = greater than 140, diastolic = greater than 90

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

In order to obtain an accurate blood pressure there are several things you should have the patient do. Those include having the patient avoid smoking, caffeine, or nicotine within 30 minutes of the blood pressure reading, if possible, empty their bladder, support the limb being used to measure the BP, and do not take the BP over top of clothing. The nurse nor the patient should talk during the test to ensure an accurate reading, as well as making sure the patient is sitting or laying down while taking the BP. Place the cuff in the middle of the patient's upper arm at the level of the atria, use the correct cuff size (bladder covers 80% of the arm), take the blood pressure on each arm and use the average of them both, and finally make sure the patient is aware of the measurement after obtaining it.

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

The biggest difference in a hypertensive urgency and a hypertensive emergency is that a hypertensive urgency is when the BP of an otherwise stable patient is severely elevated, but not causing damage to the organs or tissues. On the other hand, a hypertensive emergency is when the patient's blood pressure is severely elevated, and they are experiencing new or worsening damage to their tissues or organs.

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

- Use the same BP machine each time, and measure the BP at the same time everyday
- Position the cuff correctly, with the bottom of the cuff just above the elbow
- Take 2 readings at least 1 minute apart before morning meds, and before dinner
- Record all readings accurately

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

These patients should be including 90-150 minutes of aerobic and/or dynamic resistance exercise in their weekly routine, or 3 sessions per week of isometric resistance exercises.

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

- Reduce body weight
- follow the DASH diet (fruits, veggies, whole grains, low-fat dairy products)
- Reduce intake of dietary sodium
- Moderation of alcohol consumption
- Enhance intake of dietary potassium
- Increase physical activity
- Smoking cessation