

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

Elevated

Stage 1

Stage 2

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

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

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

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

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