

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 or DBP 80-89 mmHg
Stage 2	SBP > or = 140 mmHg or DBP > or = 90mmHg

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

- a. have the pt avoid smoking, caffeine, or exercise within 30min before measurements
- b. empty bladder prior to reading
- c. sit quietly for at least 5 min before reading
- d. remain still during reading to ensure accuracy
- e. feet flat on the floor
- f. 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
- g. use the same machine at the same time
- h. position correctly, with the bottom of the cuff directly above the bend of the elbow
- i. arm is at heart level
- j. no eating or drinking 30 min prior

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' w/o 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?

1. use the same instrument at the same time when measuring for accuracy
2. position themselves correctly, with the bottom of the cuff directly above the bend of the elbow
3. take at least 2 readings 1 minute apart each morning before medication and each evening before eating dinner.
4. record in a diary of the time and date
5. base the BP readings on average from readings on 2 or more occasions

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

Recommendations for physical activity include 90 to 150 minutes of aerobic &/or dynamic resistance exercise per week &/or 3 sessions per week of isometric resistance exercises

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

- a. reach and maintain a healthy weight
- b. eat a heart healthy diet, choose foods rich in potassium, no added salt
- c. be more physically active
- d. don't smoke and avoid second hand smoke
- e. limit alcohol to no more than 1 drink per day for women or 2 drinks per day for men
- f. take medicine the way your doctor tells you
- g. know what your blood pressure should be and work to keep it at that level