

## 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: <120 mm Hg systolic and <80 mm Hg diastolic

Elevated: 120 – 129 mm Hg systolic and <80 mm Hg diastolic

Stage 1: 130 – 139 mm Hg systolic or 80-89 mm Hg diastolic

Stage 2: greater than or equal to 140 mm Hg systolic or greater than or equal to 90 mm Hg diastolic

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

- Make sure the instrument you are using is calibrated
- Have the patient avoid smoking, caffeine, or exercise within 30 minutes before measurements
- Empty his or her bladder
- Sit quietly for at least 5 minutes before measurements
- Remain still during measurements
- Measure in both arms and use the higher reading
- Support the limb used to measure BP
- Ensure the BP cuff is at heart level and use correct size
- Don't take the measurement over clothes

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?

Be more physically active – at least exercise for 30 minutes at a time about 5 times a 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.