

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 located under the Week 5 Lessons tab to answer the following questions. Place your answers in the Unit 3 Chapter 36 Dropbox by 0800 on 2/5/2026.

1) What are the parameters for the categories of blood pressure?

Normal- 120/80

Elevated 120-129 systolic/ 80mmHG

Stage 1 130-139 systolic/ 80-89 diastolic

Stage 2 greater than or equal to 140mmhg systolic/ greater than or equal to 90 diastolic.

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

1. the patient should avoid caffeine, exercise and smoking for 30 minutes before taking the blood pressure.
2. The patient should empty their bladder before taking a blood pressure.
3. Use a blood pressure device that has been validated for accuracy.
4. Make sure the cuff is the correct size for the patient's arm.
5. Support the patients arm at heart level. Have the patient relax or sit in a chair with their feet flat on the floor and legs uncrossed for more than 5 minutes of rest.
6. Do not talk during the measurement or allow the patient to use their phone.
7. Take the blood pressure measurement in a temperature controlled room.
8. Take two or more blood pressure measurements at least one minute apart.
9. Make sure to deflate the cuff slowly.
10. Make sure the stethoscope is in the right place.

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

Hypertensive Emergencies are severe elevations in blood pressure greater than 180 / 120mmhg. Hypertensive emergencies are associated with acute organ damage. They experience a high and hospital mortality rate. Common forms of acute organ damage from hypertensive emergencies include acute heart failure, pulmonary edema, neurological disorders, and acute kidney injury. Hypertensive emergencies need immediate reduction of blood pressure to prevent further organ damage.

Hypertensive urgency is severe hypertension without acute organ damage. These patients should not be given aggressive blood pressure lowering medications. Intensification of oral antihypertensive medications is preferred unlike the hypertensive emergency where the blood pressure should be reduced as soon as possible.

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

The patient should use a blood pressure device that has been validated for accuracy they can check with their doctor or use a website to see if their machine is validated. We should educate the patient on avoiding smoking, caffeinated drinks, or exercise 30 minutes before measuring their blood pressure. The patient should place the cuff on their bare arm, and their arm should be supported at heart level. The bottom of the cuff should be placed at the bend of the elbow, and they should relax while sitting in a chair with their feet flat on the floor and their legs uncrossed for at least 5 minutes. The patient should know that while they are measuring their blood pressure, they should not talk use their phone or watch TV. They should take two readings one minute apart twice a day two readings in the morning after urinating and before taking their medication and eating. They should also take two readings at bedtime before sleep. They should check their blood pressure for three to seven days before their appointment. It is important that they log all of their blood pressure measurements and take them to the doctor's office when they go.

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

Patients with hypertension should engage in at least 90 to 150 minutes of aerobic or dynamic resistance exercise per week. Aerobic exercise is physical exercise of low to high intensity also known as cardio. It is best to start slowly and do something you enjoy, and an example would be taking a brisk walk or riding a bicycle.

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

1. To reduce high blood pressure, it is important to maintain a healthy weight.
2. To lower blood pressure, eat a heart healthy diet that is rich in vegetables and fruits as well as whole grains a good example of a diet for people with hypertension is the DASH diet.
3. To lower blood pressure, it is important to stay away from sodium sweets sugar and red meats.
4. To lower blood pressure, it is important to stay physically active.
5. To lower blood pressure do not smoke and avoid any secondhand smoke.
6. To lower blood pressure, take medications that you are prescribed

7. Know what your blood pressure should be and work to maintain that level.