

Nikki Papenfuss

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 mmHg and <80mmHg
Elevated	120 to 129 mmHg and <80mmHg
Stage 1	130 to 139 mmHg or 80 to 89 mmHg
Stage 2	>140 mmHg systolic or >90 mmHg Diastolic

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

- Avoid caffeine, exercise and smoking for at least 30 mins before measurement
- Use a blood pressure device that has been validated for accuracy
- Use the correct cuff size on a bare arm
- The patient arm should be supported at heart level
- Have the patient relax, sitting in a chair (feet on floor, legs uncrossed back supported)
- Neither patient nor clinician should speak during the rest period or during the measurement
- Make sure not to be on the phone when taking BP
- Blood pressure measurement should be taken in a temperature-controlled room
- Take 2 or more blood pressure measurements at least 1 min apart
- Rest quietly for 5 mins
- Make sure you have a empty bladder

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

- Hypertensive emergencies severe elevated BP with ac target organ damage
- Hypertensive urgency/Severe elevated BP without evidence of ac target organ damage.

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

- Use a blood pressure device that has been validated for accuracy. Check with your doctor for devices to use
- Avoid smoking, caffeinated beverages, or exercise within 30 mins before taking blood pressure
- Use the cuff on a bare arm have your arm supported at heart level
- The bottom of the cuff should be placed directly above the bend of the elbow
- You should relax and sit in a chair with back support legs uncrossed and feet on floor for at least 5 minutes
- While relaxing do not talk, use your phone or watch tv when taking your BP
- You should take 2 readings 1 min apart twice a day total 4 readings
2 in the AM after an empty bladder and before eating and medication and 2 readings at bedtime before sleep
- Check BP for 3-7days before office visit
- Document daily BP readings
- Share readings with the your PCP

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

- Increase physical activity, through a structured exercise program that includes aerobic exercise and/or resistance training, is recommended to prevent or treat elevated BP or HTN.

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

- Reach and maintain a healthy weight
- Eat a heart healthy diet
 - Vegetables, fruit, whole grain, low fat dairy, poultry, fish, legumes, nontropical veg oil, rich in potassium foods
 - Limit sodium, sweets, sugar sweetened beverages and red meat
- Be more physically active
- Don't smoke and avoid second hand smoke
- Limit alcohol to no more than one drink per day for women and two a day for men
- Take medication the way your doctor tells you
- Know what your blood pressure should be and work to keep it there