

## 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	SBP <120 mmHg	DBP <80 mmHg
Elevated	SBP 120-129 mmHg	DBP <80 mmHg
Stage 1	SBP 130-139 mmHg	DBP 80-89 mmHg
Stage 2	SBP >140 mmHg	DBP >90 mmHg

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

Patient should avoid caffeine, exercise, and smoking for 30 min before

Patient should empty their bladder

Use a blood pressure device that has been validated for accuracy

Use the correct cuff size on the bare arm

The patient's arm should be supported at heart level

Have the patient relax in a chair for more than 5 minutes

Neither the patient nor the clinician should talk while taking the blood pressure

The patient should not be using their phone

Blood measure measurements should be taken in a temperature-controlled room

Take 2 more blood pressures at least 1 minute apart, average the readings and provide to the patient verbally and in writing

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

Hypertensive emergency is a patient with severe blood pressure elevation associated with evidence of acute target organ damage. Hypertensive urgency is severe hypertension without evidence of acute target damage.

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

Rest quietly in a chair for 5 minutes with legs and arms uncrossed, sit with back and arms supported, and use a validated blood pressure cuff on the bare skin of the arm.

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

Patients should be using more calories than they consume during the day. Physical activity should be something enjoyable like a brisk walk or bike riding. Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance per week and/or three sessions of isometric resistance exercises per week.

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

Maintaining or achieving a healthy weight

Following a heart-healthy eating pattern

Reducing sodium intake

Increasing dietary potassium intake

Adopting a moderate physical activity program

Managing stress

Reducing or eliminating alcohol intake