

1. What changes are found in the new 2017 High Blood Pressure Guidelines?
 - Classification: HTN is now classified (stage 1) with a systolic of 130-139 and a diastolic of 80-89
 - Stage 2- systolic >140, diastolic > 90
 - Elevated HTN: 120-130 systolic; this term replaces the term pre-hypertensive or high normal
 - Measurements: making sure there is an accurate measurement of blood pressure in more than one setting. Blood pressure can be elevated in the office and normal at home or the opposite and so those who need to interventions are not receiving them. They are working hard to capture these individuals and treat them with lifestyle and medication changes earlier on to prevent major cardiovascular events.
 - Early intervention: to treat those who would have previously fallen in the “high normal” or “pre-hypertensive” categories. These individuals will now be given lifestyle changes and medication earlier to reduce the risk of a cardiovascular event. Even being slightly elevated increases your chances of 10% or more of having a hypertensive emergency.

2. What is the difference between hypertensive urgency and hypertensive emergency?

Hypertensive urgencies, systolic BP >180 mm Hg, and/or diastolic > 120 mm Hg, are seen in patients who have a severe increase in blood pressure. Elevation otherwise the patient is seen as stable without acute change or organ damage/dysfunction.

Hypertensive emergencies systolic BP > 180 mm Hg + target organ damage and/or diastolic BP > 120 mm HG + target organ damage. Severe elevations in blood pressure that show evidence of new or worsening organ damage.

3. You are caring for a patient in the outpatient clinic with a history of hypertension. The patient's blood pressure at his previous appointment was 139/80. The patient is returning for a follow-up appointment after losing 22 pounds. You as the nurse would anticipate the patient's blood pressure would be around what after his recent weight loss?

It would be expected that there would be a reduction of 10 mm Hg in blood pressure with a 22 pound weight loss; this would make the blood pressure around 129/80.