

L- CH # 32

ON-LINE CONTENT (1H)

Review the video

at https://professional.heart.org/professional/ScienceNews/UCM_496965_2017-Hypertension-Clinical-Guidelines.jsp and the document “Highlights From the 2017 Guidelines for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults” found

at https://professional.heart.org/idc/groups/ahamah-public/@wcm/@sop/@smd/documents/downloadable/ucm_497445.pdf and place your answers to the following questions in the L-CH # 33 drop box by 0800 on February 8, 2018.

In order to receive full credit (1H class time) for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety will result in missed class time.

1. What changes are found in the new 2017 High Blood Pressure Guidelines from the previous guidelines?
The changes made are the classifications of blood pressure stages. Stage 1 hypertensive is a systolic between 130-139 and a diastolic 80-89. Stage 2 hypertensive is a systolic greater than 140 and a diastolic greater than 90. Elevated hypertension is over 120/80 but does not fit stage 1 criteria. There are no longer the terms “high normal” and “pre-hypertensive.”
2. What is the difference between hypertensive urgency and hypertensive emergency?
Hypertensive urgency is a patient with greater than 180 systolic and/or greater than 120 diastolic with no organ damage. Hypertensive emergency is the same BP values but there is target organ damage that would require observation.
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?
Life style changes according to the article can lower the systolic bp by 4-11 mm hg, so I would anticipate a lower blood pressure around 128 systolic or 135 systolic.