

Use your two handouts: Highlights from the 2017 Guideline for the Prevention, Detection, evaluation, and Management of High Blood Pressure in Adults; and How Can I Reduce High Blood Pressure? To answer the following questions.

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

Normal

Elevated

Stage 1

Stage 2

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

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

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

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

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