

Hypertension Management:

Literature Review

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Hypertension Management

Managing hypertension is very crucial for patients to accomplish. Hypertension is a prevalent condition among many individuals, and it is essential to treat hypertension (Mayo Clinic, 2018). Overall, hypertension over time can cause a stroke or a heart attack if left untreated (Mayo Clinic, 2018). Hypertension usually contains no symptoms, so as a patient, it is essential to schedule and attend an annual follow up with a provider (Center for Disease Control and Prevention, 2018). Managing the complications early in the disease becomes very critical to prevent further damage to the body.

Quality of hypertension management in public primary care clinics in Malaysia: An update

The article evaluates different ways of hypertension managed through multiple trials of treatment. There are numerous ways that individuals try to control their blood pressure. As described in the article, some of them consist of diet changes, exercising, smoking cessation, decreased alcohol intake, and antihypertensives. The journal shows the statistics of management routes that seem to bring the patient's blood pressure under control. Controlled blood pressure means having blood pressure under 140/90 (Hinkle & Cheever, 2018). Normal blood pressure is what a client aims at, which is 120/80 (Hinkle & Cheever, 2018). Everyone seems to manage their blood pressure differently; it is just important as a patient to find out which way seems to work best for them (Teh et al., 2020).

Key Points

The primary purpose of this article is to give advice on which way patients should manage hypertension. Patients want to find the most effective treatment, and reading this article gives them multiple decisions. The key question the author is addressing is trying to figure out what treatment is statistically known to work the best for the patient. The most crucial

information in this article is how the patients' blood pressure becomes more controlled. Limiting the amount of alcohol and decreasing stress will help treat high blood pressure (Mayo Clinic, 2018). An increase in exercise will also help manage their blood pressure to a normal state (Mayo Clinic, 2018). The study also has shown that calcium channel blockers are the best medication to control an individual's blood pressure. Approximately 76.1 % of the patients on a calcium channel blocker have their blood pressure under control. Compared to ACE inhibitors' success, which has a 48% effectiveness on lowering the blood pressure (Teh et al., 2020).

The main inference about this article is producing a great way to control a patient's blood pressure. It is greatly encouraged to try multiple treatment plans, but it doesn't matter if there is no compliance with the treatment. Taking the medications to lower the blood pressure is not enough; there needs to be a good diet in the patient's meal plan and enough physical activity to help make the medication even more therapeutic. The key concepts we need to understand in this is to prevent hypertension in the first place. Stopping it will help save their money and their amount of time they have to spend at doctors' offices. Along with that is having a good diet and doing a lot of exercise routines work incredibly. One out of three patients who follow their treatment plan has their blood pressure right where it needs to be, which is the main goal (Teh et al., 2020).

Assumptions

The primary assumption of this article is to show patients the best way to treat their hypertension. This article helps the patient pick a way to manage their uncontrolled blood pressure and what has proven to work the best in other patients. The main point of view is to get the patient's blood pressure under control through the correct treatment. If patients take this line of reason seriously, it can help them live a longer and healthier life. If patients decide not to take

this line seriously, they have an increased chance of developing life-threatening occasions like a heart attack or a stroke (Mayo Clinic, 2018). Preventing the problem is the best way to move away from having them horrible issues (Teh et al., 2020).

Deficit/Conclusion

Overall, it can be terrifying as a patient the first time they find out they have hypertension. The majority of the patients are scared and worried, searching for ways to fix the problem. A good healthy diet, an adequate amount of exercise, and medicine compliance are good ways to keep hypertension under control. Following these guidelines as a patient is an excellent starting point to pursue when looking to lower blood pressure (Teh et al., 2020).

Prevalence and determinants of hypertension awareness, treatment, and control in Botswana: A nationally representative population-based survey

The research article assesses multiple individuals about their current blood pressure status. A total of 4070 participants took involvement in the statistics of hypertension control. The report proved that numerous individuals do not treat their hypertension (Tapela et al., 2020). A majority of the individuals in this article were not therapeutic with keeping their blood pressure under control. They still went to their activities without finding ways to keep their blood pressure at an average level. Hypertension is a significant risk to individuals. High blood pressure has proven to be the leading risk factor for cardiovascular deaths per year. As a nurse, it is vital to educate the patients on being compliant with the teaching to keep their lives safe (Tapela et al., 2020).

Key Points

The primary purpose of this article is to find certain habits that cause individuals to have hypertension. The author is also addressing the need for a more in-depth education for patients suffering from high blood pressure. The main question the author is trying to address in this

research article is why many individuals know they have hypertension, but they aren't abiding by their treatment plan. Overall, 91% of the patients are undiagnosed, untreated, or suboptimally treated in the study (Tapela et al., 2020). The essential information to take away from this article is that smoking, alcohol, and a non-healthy diet leads to hypertension. Smoking is by far the number one cause of high blood pressure. Nicotine forces the arteries to constrict, causing the heart to work harder, leading to elevated blood pressure (Capriotti & Frizzell, 2016). Also, hypertension has a low-cost treatment plan, and many individuals still suffer from uncontrolled blood pressure.

The main inference is finding ways to provide the patient with an excellent education on lowering their blood pressure. Of the 4070 participants, 45% of those individuals knew they had hypertension but could not control it (Tapela et al., 2020). Some of the critical concepts are finding ways to lower the patient's blood pressure to a sustainable level. Other than smoking, there are plenty of different ways to treat high blood pressure. Placing a well-balanced diet is very important. Health providers recommend the DASH diet (Eliopoulos, 2018). The DASH diet consists of food rich in fruits, vegetables, whole grains, and low-fat dairy products. The DASH has proven to be very successful in a lot of patients with hypertension. Limiting alcohol intake will also help keep blood pressure under control (Tapela et al., 2020).

Assumptions

The author's primary assumption that is trying to get across to individuals is being compliant with controlling hypertension. Throwing all the bad habits out that causes the blood pressure to be high in the first place is crucial. If this line of thought about this author is taken seriously, it could change the individual's life. The patient will have education on ways to control their blood pressure and experience healthier lives. If patients don't take this line seriously, they

could end up causing damage to the heart and the kidneys (Capriotti & Frizzell, 2016).

Uncontrolled blood pressure can lead to a hypertensive crisis that leads to many other issues (Tapela et al., 2020).

Deficit/Conclusion

In summary, this article's main points are to provide the patient with better education and limit the activities and habits raising the blood pressure. If better education comes forward, it could control the patients' blood pressure faster and healthier. Altering habits like smoking and non-healthy food diets will also vitally change the outcomes of a patient's life with hypertension. Education is crucial, and it is the first step in controlling an individual's high blood pressure (Tapela et al., 2020).

Assessment of hypertension management and control: A registry-based observational study in two municipalities in Cuba

This article assessed multiple hypertension patients regarding their average blood pressure. They used three blood pressures of the 1333 patients and averaged them out to see what their blood pressure runs on a routine basis (Londoño Agudelo et al., 2019). According to this study done, it is easier to control hypertension if the patient wasn't overweight. Being compliant with the treatment can help reduce the number of medications needed to control blood pressure and reduce the mortality rate. The treatment plan for hypertension is crucial to follow and live a good life (Londoño Agudelo et al., 2019).

Key Points

The primary purpose of this article is to prove how other issues can affect hypertension. One of the problems that were mentioned a lot in this article is obesity. The obesity patient had the most challenging time controlling blood pressure compared to individuals underweight or

normal. Only 51% of individuals with obesity maintained their level of hypertension at a controlled rate (Londoño Agudelo et al., 2019). An individual with obesity is more likely to suffer from elevated blood pressure and have more trouble maintaining it (Bickley et al., 2017). The key question the author is addressing is why patients need to alter their weight, and more medication compliance will help control hypertension. The most crucial information in this article is that most patients who changed their lifestyle rather than just taking medications were more likely to have influenced blood pressure. Being on antihypertensives is not that associated with controlling hypertension in the article.

The main inference is maintaining a healthy BMI and correspond a healthy weight with proper medication compliance. In this article, the key concepts we need to understand are that patients should be encouraged to manage their BMI by doing physical activity and eating well (Heart, 2016). Losing weight will help prevent the patient from taking multiple antihypertensive drugs. Overall, 49% of the patients took two antihypertensive drugs to control their blood pressure (Londoño Agudelo et al., 2019). Education on managing weight and doing adequate exercise proved to help improve blood pressure, which puts them at a decreased risk for taking more medications (Londoño Agudelo et al., 2019).

Assumptions

The primary assumption of this article is limiting the weight of individuals who have hypertension. Losing weight would ultimately help decrease the blood pressure plus limit the medications needed to control hypertension. If patients take this line seriously, they can prevent their blood pressure from worsening, caused by obesity. If the patient decides not to take the line so seriously, it could cause them to develop worsening blood pressure because they are

overweight and physically inactive. Obesity is only going to make the heart work harder and raise the blood pressure to an unhealthy level (Londoño Agudelo et al., 2019).

Deficit/Conclusion

Overall, this article aims at reducing individuals' blood pressure by using a non-pharmacological method. According to this study's main points, losing weight appears to be a vital treatment plan with lowering blood pressure. Losing weight could ultimately prevent the 45% chance of a myocardial infarction taking place (Londoño Agudelo et al., 2019). Physical activity will increase the likelihood of developing weight loss and is a crucial treatment plan with hypertension (Londoño Agudelo et al., 2019).

Conclusion

Hypertension tends to be a common and significant problem for a lot of patients. Many patients don't follow the treatment plan, even after educated. As a nurse, it is essential to preach excessively on how important it is to manage their blood pressure. With an excellent education, treatment plans such as consuming a healthy diet, implementing exercise into the daily routine, and stopping smoking tend to be successful ways to control hypertension (Salman Alsaigh et al., 2018). Abiding by treatment plan can help reduce worsening health risks associated with hypertension. The health risks consist of heart attack, heart failure, stroke, and kidney failure (Medline Plus, 2020). Managing hypertension is a very crucial aspect of living a long and healthy life.

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