

Hypertension: Literature Review

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06/9/2021

Hypertension

Approximately 32.6% of the adults in the United States have hypertension, increasing the risk of cardiovascular disease, chronic kidney disease, stroke, and retinopathy. Hypertension is called a silent killer because the patients can be asymptomatic (Hinkle & Cheever, 2018). It is serious, becomes chronic, and causes mortality due to the damage of the cells. A literature review study evaluated the efficiency of the patients in the management of their hypertension to prevent complications and death and engagement of the nurses to help the patients who lack knowledge.

Khairy, S., Aslan, A., Samara, A. M., Mousa, I., Alkaiyat, A. S., & Zyoud, S. H. (2021).

Factors associated with self-efficacy in patients with hypertension: A cross-sectional study from Palestine. *Journal of Health, Population & Nutrition*, 40(1), 1–10. <https://doi.org/10.1186/s41043-021-00225-2>

Hypertension is a severe chronic disease that causes the death of the population globally. Educating patients efficiently in self-managing on hypertension will reduce the risk of morbidity. A study on self-efficacy about hypertension management was done in Palestine because the researcher affirms that hypertension ranked the fifth leading cause of death in Palestine. In 2016, about 8% of the population died from hypertension; almost 21.8 deaths per 100,000 population died of hypertension (Khairy et al., 2021). The researcher finds that Palestine has much death from hypertension because the population who know hypertension's risk factors, treatment, and strategies to control were deficient.

A quantitative study took place in Palestine's city named Nablus, with a target population of 27000. A data collected between July and December 2017 to evaluate the self-management of hypertension to the patients. The sample of 377 patients who suffer from hypertension for more than five years and receiving treatment. The sample has different demography, and all receive training sessions and counseling on managing and controlling hypertension. The nurses are responsible for educating the patients to self-manage their hypertension by encouraging them to change their lifestyle, including control weight, exercising, smoking cessation, avoiding alcohol, managing stress, and reducing salt in their diet. They also teach the patients to maintain adherence to hypertensive medications used.

The result shows that some factors such as employment state, BMI, education level, and gender impact the patient's effectiveness in managing hypertension. The male gender shows higher self-efficacy than women. The patients with normal BMI achieve a higher self-efficacy than obese patients who are less physically active. Patients with higher education show positive results in managing hypertension compared to the patients with low education or unemployed levels.

Key Points

Self-efficacy is very capital when managing hypertension. Many patients who exhibit motivation by changing their lifestyle, reducing their weight, cutting smoking, reducing sodium intake, and increasing their physical activity have good outcoming on their treatment of hypertension. Those patients show efficiency even on their adherence to medications used because they have higher education levels. They were able to learn from the nurse the risk factors and the benefits of managing their illness.

Good communication between the patients and the provider is beneficial when managing hypertension. The patients talk to their provider about hypertension, ask questions related to hypertension, and get education from their nurses about self-efficacy to control hypertension. After regaining knowledge from the provider and the nurses, those patients can self-manage their disease.

Assumptions

Patients increase motivation to control their hypertension. Therefore, they change their lifestyle by quitting smoking, reducing salt intake, increase physical activity, reducing weight, and reducing stress. For an overweight patient with a BMI between 25 and 30 and obese patients with a BMI of more than 30 who have high blood pressure, doing exercise and reducing weight will help them self-manage their hypertension. The nurse should encourage them to engage in physical activity and to take their hypertensive medication as prescribed. Profound control of hypertension will help the patients to reduce the risk of cardiovascular disease and death.

Deficit/Conclusion

Hypertension must be treating and controlling because it can damage the blood vessels and the organs. However, the affected patients must be efficiently involved in the care to help to reduce the risk of hypertension. The study shows that hypertensive patients with low education levels were not able to communicate during treatment. They lack the motivation to manage their chronic hypertension as the overweight and obese patients have less motivation to exercise or change their lifestyle. Therefore, minor improvement shows in obese and low educational level patients.

Positively agree that controlling hypertension depends on the patient's efficacy and knowledge about the disease risk factors. Behavior changes, including exercising, losing weight, and reducing sodium food intake, help stabilize the blood pressure and reduce risk factors leading to hypertension. Nurses need to educate their patients to take hypertensive medications as prescribe by the physician, keep their blood pressures within the baseline, change their diet, actively participate in physical activity, and talk to their provider about any health issue. If the nurses did not educate the patients on managing hypertension, the patient would increase stroke risks, heart failure, heart attack, and kidney failure.

References

Hinkle, J. L., & Cheever, K. H. (2018). *Brunner & Suddarth's textbook of medical-surgical nursing* (14th ed., Vol. 2). Wolters Kluwer.

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