Hypertension: Literature Review

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Hypertension

Hypertension occurs when the diastolic and systolic blood pressure reading is greater than 130 for systolic and greater than 90 for diastolic consistently, or at least over two or more visits (Capriotti, 2020). Knowledge regarding hypertension is essential to nursing because this condition is dangerous and potentially fatal if left untreated and undiagnosed. Therefore, the primary purpose of a literature review is to evaluate published research articles surrounding a specific topic to gain a thorough understanding of what is well known and what needs further study and investigation. In addition, a literature review is essential for hypertension because the prevalence is high, and effective treatment methods vary between patients.

Blood pressure and tooth loss: a large cross-sectional study with age mediation analysis

The link between hypertension and poor oral health is considered high based on a case study utilizing over ten thousand patients. Automatic blood pressure readings and panoramic dental radiographs were utilized to visualize severe tooth loss, which researchers defined as missing ten or more teeth. In addition, medical questionnaires were collected from participants gathering age, gender, active smoker or non-smoker, and pre-existing medical conditions. Patients that reported pre-existing hypertension and the use of antihypertensive medication had a higher prevalent correlation with severe tooth loss (Kirchner-Heklau et al., 2020). Fifty-six percent of patients with hypertension had severe tooth loss, compared to thirty-nine percent that experienced non-severe tooth loss.

Key Points

Hypertension and tooth loss are very closely related. The article statistics further portrayed that the patients who displayed severe tooth loss had a higher correlation with hypertension than those that did not. Hypertension includes other modifiable and non-modifiable risk factors such as age, gender, diet, body mass index, smoking, and physical activity levels (Kirchner-Heklau et al., 2020). Undiagnosed hypertension patients accounted for a large portion of this study at nearly forty-three percent (Kirchner-Heklau et al., 2020).

Assumptions

A patient with hypertension is more likely to present with severe tooth loss than a patient without this diagnosis. Age, smoking, body mass index, and gender are critical risk factors when dealing with hypertension. Undiagnosed hypertension was elevated with this study, with about forty-three percent of participants falling into this category (Kirchner-Heklau et al., 2020).

Deficit/Conclusion

The correlation between severe tooth loss and hypertension is logically sound. Hypertension is a risk factor that can precipitate cardiovascular and numerous other health problems if not correctly diagnosed and managed. However, tooth loss can result from various other issues, including poor oral hygiene and lack of routine dental care. Thus, routine medical and dental care is an essential component in both oral and cardiovascular health.

Second article title here

Here add in a summary of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

Key Points

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Assumptions

Paragraph goes here discussing the assumptions of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

Deficit/Conclusion

Paragraph goes here discussing the conclusion of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Do you accept the authors' line of reasoning? What are the implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

Third article title here

Here add in a summary of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

Key Points

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Deficit/Conclusion

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Conclusion

Write a conclusion here in your overall paper. Follow the MEAL paragraph formatting and use Grammarly.com. Provide a summary/conclusion of the analysis of all three articles. Discuss how the information can improve:

- Patient outcomes
- Nursing practice
- Evidence-based practice/Quality Improvement efforts
- Healthcare as a whole

References

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