

ACTIVE LEARNING TEMPLATE: *System Disorder*

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DISORDER/DISEASE PROCESS Hypertension

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
Hypertension

Pathophysiology Related to Client Problem
impairment of renal pressure- natriuresis, the feedback system in which high blood pressure induces an increase in sodium and water excretion by the kidney that leads to high blood pressure

Health Promotion and Disease Prevention
Eat a healthy diet, strive for a healthy weight, be physically active, do not smoke, Limit alcohol, get enough sleep

ASSESSMENT

Risk Factors
Age, Race, Family history, being overweight or obese, not being physically active, smoking or using tobacco, too much sodium in diet, drinking too much alcohol, stress, pregnancy, certain chronic conditions such as kidney disease, diabetes

Expected Findings
Severe headache, Fatigue, dizziness, fainting, confusion, Chest pain, vision problem, dyspnea, arrhythmia, hematuria,

Laboratory Tests
Urinalysis, blood chemistry (potassium, sodium, BUN, Crt, fasting glucose, total cholesterol and HDL cholesterol)

Diagnostic Procedures
ECG, chest x-ray

SAFETY CONSIDERATIONS

Medications

Fall precautions
Syncope

Trauma

PATIENT-CENTERED CARE

Nursing Care
Check laboratory data, Monitor and record BP, Auscultate heart tones and breath sounds, Monitor response to medications to control blood pressure.

Medications
Diuretics
Alpha, beta, or centrally acting adrenergic antagonists
Calcium channel antagonists
Adrenergic neuron blockers
Vasodilators
Angiotensin II blockers
Calcium channel blockers

Client Education
Eat healthy foods
Maintain a healthy weight
Increase physical activity
Decrease the salt in your diet
Limit alcohol
Don't smoke
Monitor your blood pressure at home
Manage stress

Therapeutic Procedures
Transcatheter renal denervation
Baroreflex activation therapy

Interprofessional Care
Cardiology services
Cardiac rehab
Nutritional services

Complications
Cardiac failure
Stroke
Chronic kidney disease
Vision loss (hypertensive Retinopathy)
Blood vessel damage (Atherosclerosis)