

Subjective

- headache
- nosebleeds
- blurred visions
- palpitations

Nursing Diagnosis/Outcomes

- hypertension is controlled with proper diet and physical activity

Objective

- stage 1: systolic - 130 to 139; diastolic - 80 to 89
- stage 2: systolic - 140 or greater; diastolic - 90 or greater
- hypertensive crisis: systolic

History of Present Illness

- HTN can occur due to a lot of lifestyle habits that include but not limited to:
 - o Obesity
 - o DM
 - o Sedentary behavior
 - o Tobacco use
 - o Excess sodium
 - o Excess alcohol

Nursing Interventions

- DASH diet
- low sodium
- low fat
- whole foods: vegetables, fruits, lean meats and fish
- exercise daily at least 30mins
- cessation of smoking

