

**Health Education Project Outline: Hypertension**

**Lenore Hernandez**

**Nur 490**

**Nyack College**

## **Health Education Project Outline: Hypertension**

### **Statement of Need**

According to the American heart association, most people do not know they have high blood pressure, as it is considered a silent killer because there are no apparent symptoms. Maintaining blood pressure at a normal level of less than 120 systolic and less than 80 diastolic is crucial for arteries. When the blood pressure consistently runs high, the arteries become stiff. Blood pressure is the force of blood pushing against blood vessel walls. Thus, high blood pressure causes a multitude of complications of different body organs and body systems. It can cause blood vessels in the brain to occlude and cause a stroke; it can cause a heart attack by damaging the arteries and preventing blood flow to the heart. It can cause heart failure by making the heart enlarged and fail to supply blood to the body. It can damage the arteries around the kidneys, causing interference to filter blood effectively. It can damage blood vessels in the eyes, causing vision loss. Lastly, it can cause atherosclerosis, which is the narrowing of arteries in the legs, arms, stomach, and head, causing pain or fatigue. It is important to have blood pressure checked while understanding and keep track of the readings.

**Goals**

Knowledge is power; therefore, teaching clients about the consequence of high blood pressure can emphasize the importance of adhering to modifiable risk factors. Modifiable risk factors include diet, exercise, maintaining a healthy weight, smoking, alcohol, and stress. The clients will understand what a healthy diet consists of; a diet rich in fruits, vegetables, lean meats, low or no sodium, low calories, no trans-fat, no saturated fat, and no sugar. Maintaining a healthy weight is another modifiable risk factor. Obesity or being overweight causes tension in the arteries and can precipitate high blood pressure. Understanding the importance of exercise at least three times per week also helps strengthen the heart while controlling blood pressure. It also helps with stress and maintaining a healthy weight. Alcohol consumption and smoking also raise blood pressure. The clients will understand the importance of taking care of themselves after the health teaching of high blood pressure.

**Objectives**

After gaining knowledge and being taught about the effects of high blood pressure, the clients will be able to;

- Know what blood pressure means
- Know what normal blood pressure readings are
- Know the effects of high blood pressure on the body
- Know what the modifiable risk factors are

## **Program Chart**

Refer to page 5

## **Evaluation**

According to the American heart association learning about high blood pressure is a big step towards a healthier life. The power of awareness regarding high blood pressure will be a crucial reaction displayed by the clients through the questions they ask and the response to questions answered. They demonstrated an understanding of what foods to avoid, the importance of not adding salt, trying to exercise at least three times per week, and acknowledging a consistent normal blood pressure taken at different times.

## **Reflection after the lesson**

The teaching goal was achieved, and this was assessed when the questions were asked, and their response was correct. The clients knew what foods were healthy and what was not. Guatemala's staple food is corn tortilla and black beans, and they were both identified as being high in calories, sodium, and fat and the importance of limiting this meal. The Clients read and appreciated the Spanish laminated printouts regarding high blood pressure by the American Heart Association. The laminated printouts were large and demonstrated the color red when blood pressure is in the high zone, capturing their attention. It had an animated picture of a blood vessel and the effects of high blood pressure and a picture of the brain and the effects of high blood pressure on it.

## Program Chart

Objectives	Content	Time Frame	T-L Strategies
<ul style="list-style-type: none"> <li>● State the reason for maintaining a normal Blood pressure</li> <li>● Verbalize the meaning of what BP is</li> <li>● Display the laminated printouts of high blood pressure and the effects of it</li> <li>● Use the portable blood pressure cuff with another</li> </ul>	<p>Introduction</p> <p>How can we keep our blood pressure normal?</p> <p>What foods to eat and not eat that are important for Blood pressure control.</p> <p>Exercise a minimum of 3 times per</p>	<p>1 min</p> <p>4 mins</p> <p>5 mins</p> <p>5 mins</p> <p>5 mins</p>	<p>Question and answer about the effects of high BP.</p> <p>The strategy of learning audiovisual</p> <p>The strategy of visual learning</p>

<p>nursing student to display how easy, painless and lifesaving this technique is</p>	<p>week to maintain a healthy weight this can be done anywhere at any time by brisk walking jogging in place, jumping jacks etc.</p>		<p>The strategy of audiovisual and kinesthetic</p>
---------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------	--	----------------------------------------------------

#### References

LeFevre M. ACC/AHA Hypertension Guideline: What Is New? What Do We Do? Am Fam Physician. 2018 Mar 15;97(6):372-373. PMID: 29671534.