HYPERTENSION
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Learning Objectives:

- Define hypertension
- List hypertension classification
- Enumerate risk factors for hypertension
- Identity clinical manifestations of hypertension
- Determine diagnostic evaluation of hypertension
- Identify the non-pharmacological management of hypertension
- Explain nursing management of hypertension
Definition:

- Systolic blood pressure of over 140 mm Hg or/and diastolic pressure of over 90 mm Hg on more than one occasion.
Classification:

A. Essential (primary) hypertension: of unknown cause.

B. Secondary hypertension: due to specific causes as renal disease, medications, adrenal disease and hypertension in pregnancy.
Risk factors:

1) Genetic
2) High sodium, cholesterol and saturated fat intake
3) Increased alcohol intake
4) Smoking
5) Psychological and environmental stressors
6) Old age
Clinical manifestation:

1) It can be asymptomatic
2) When symptoms appear, they usually indicate vascular damage with specific manifestations related to the organ systems served by the involved vessels
3) Coronary artery disease with angina
4) Left ventricular hypertrophy
5) Left ventricular failure
6) Pathologic changes in the kidneys may be manifested by nocturia
7) Cerebral vascular involvement as stroke or transient ischemic attack
Diagnostic evaluation:

1) Thorough history and physical examination
2) Retinas are examined
3) Laboratory studies are performed to detect possible damage to organs as kidneys or heart
4) Electrocardiography
5) Urine analysis
Management:

**Goal:** To achieve and maintain an arterial blood pressure below 140/90 mm Hg whenever possible.

**Nonpharmacologic approaches:**
1. Weight reduction
2. Restriction of sodium, tobacco and alcohol
3. Exercise
4. Relaxation
Medications:

1) Diuretics
2) Beta blockers

Nursing management:

1- Assessment:

1) Monitor blood pressure at frequent intervals then at routine schedule intervals.

2) Nosebleeds
3) Anginal pain

4) Shortness of breath

5) Alteration in vision

6) Vertigo, headache

7) Rate and rhythm of apical and peripheral pulse
2. Nursing diagnosis:

1) Knowledge deficit regarding the relationship between the treatment regimen and control of the disease process

1) Potential noncompliance to the self-care program related to side effects of prescribed therapy
3- Planning and intervention:

**Goal:** Understanding the disease process and its treatment, compliance with the self-care program, and absence of complication
Patient education for self-care:

1) Administer anti-hypertensive drug as prescribed
2) Restrict sodium and fat
3) Control weight
4) Follow an Exercise program
5) Regular follow up
6) Control smoking
7) Self monitoring of blood pressure.
Thank you