

HESI Case Study: Hypertension

George's blood pressure reading is 189/110 mmHg. His LDL cholesterol reading is 200 mg/dL. He asks the student nurse if he should be concerned about his blood pressure.

How should the student nurse respond?

Please sit here quietly for a few minutes. I need to recheck your blood pressure.

George's blood pressure is high but may be temporarily elevated due to activity or stress. The blood pressure should be rechecked after the client rests for a few minutes.

What significant risk factors for hypertension does the student nurse identify for George, according to this health history?

Select all that apply.

What significant risk factors for hypertension does the student nurse identify for George, according to this health history?

Family history of diabetes.

Alcohol consumption.

Smoking.

Stress.

Caffeine intake.

Alcohol consumption.

Excessive alcohol intake is strongly associated with hypertension.

Smoking.

Tobacco use is a risk factor for hypertension.

Stress.

High levels of stress can lead to an increase in blood pressure.

According to the assessment of this client, which recommendation is most important for the student nurse to provide to George?

See his HCP as soon as possible within the next week for a BP recheck.

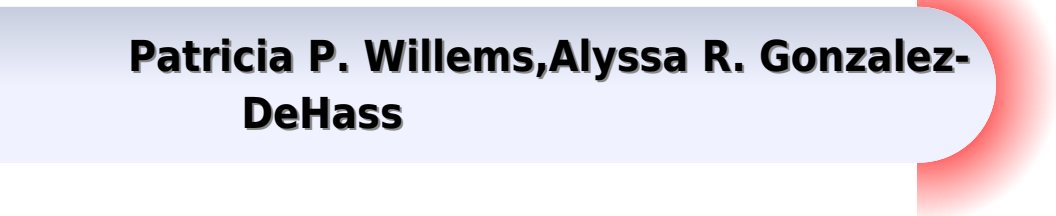
George's blood pressure is significantly elevated. Since these BP readings were obtained on the same day, George needs to see his HCP soon for a second BP measurement so that a diagnosis can be determined and treatment initiated.

Which is the best response the student nurse can give to the George about the urgent need to see his HCP?

While often there are no symptoms, high blood pressure does cause damage to many organs.

Hesi Case Study Answers

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DeHass**



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Table of Contents Hesi Case Study Answers

1. Understanding the eBook Hesi Case Study Answers
 - The Rise of Digital Reading Hesi Case Study Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Hesi Case Study Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Hesi Case Study Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Hesi Case Study Answers
 - Personalized Recommendations
 - Hesi Case Study Answers User Reviews and Ratings
 - Hesi Case Study Answers and Bestseller Lists

5. Accessing Hesi Case Study Answers Free and Paid eBooks
 - Hesi Case Study Answers Public Domain eBooks
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 - Hesi Case Study Answers Compatibility with Devices
 - Hesi Case Study Answers Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Hesi Case Study Answers
 - Highlighting and Note-Taking Hesi Case Study Answers
 - Interactive Elements Hesi Case Study Answers
8. Staying Engaged with Hesi Case Study Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Hesi Case Study Answers
9. Balancing eBooks and Physical Books Hesi Case Study Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Hesi Case Study Answers
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Hesi Case Study Answers
 - Setting Reading Goals Hesi Case Study Answers
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Hesi Case Study Answers
 - Fact-Checking eBook Content of Hesi Case Study Answers
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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