

# HYPERTENSION

## Pathophysiology



Chronic high blood pressure:  $> 140$  mmHg systolic,  $> 90$  mmHg diastolic

**Blood Pressure** The measurement of force on the walls of blood vessels. Adequate BP is necessary to maintain adequate perfusion to the body's tissues. However, high blood pressure can have negative effects in the long term.

**Baroreceptors** Are responsible for sensing stretching; Send signals to vasomotor centers to vasodilate. When BP is low, baroreceptors activate the SNS.

**Systemic Vascular Resistance** Is the opposing force that opposes movement of blood in the vessels. Narrowing of the arteries increases resistance. As SVR + Cardiac output increase, so does blood pressure.

Category	SBP	DBP
Normal	$< 120$	$< 80$
Pre-HTN	120-139	80-89
Stage I	140-159	90-99
Stage II	$\geq 160$	$\geq 100$



### Renal System

The kidneys are responsible for sodium retention and excretion. They also secrete Renin, which converts angiotensinogen to angiotensin II, which helps regulate BP. Prostaglandins from the renal medulla have a vasodilatory effect on circulation.



### Endocrine System

The endocrine system is responsible for the release of epinephrine by the adrenal medulla. This causes an increase in HR and cardiac output. When there is a higher proportion of sodium in the blood (high osmolality) ADH is released from the hypothalamus to cause reabsorption of water by the kidneys.



### Nervous System

# Hypertension Teaching Guide

**Jill C. Cash, Cheryl A. Glass**



## **Hypertension Teaching Guide:**

*Community Guide to High Blood Pressure Control*, 1982      **Complete Guide to Documentation** Lippincott Williams & Wilkins, 2008 Thoroughly updated for its Second Edition this comprehensive reference provides clear practical guidelines on documenting patient care in all nursing practice settings the leading clinical specialties and current documentation systems This edition features greatly expanded coverage of computerized charting and electronic medical records EMRs complete guidelines for documenting JCAHO safety goals and new information on charting pain management Hundreds of filled in sample forms show specific content and wording Icons highlight tips and timesavers critical case law and legal safeguards and advice for special situations Appendices include NANDA taxonomy JCAHO documentation standards and documenting outcomes and interventions for key nursing diagnoses      Client Teaching Guides for Home Health Care Linda H. Gorman, 2008 This updated Third Edition includes all the new information on medications nutrition and NANDA nursing diagnosis This book is in a quick reference easy to read format makes this a great guide for nursing students to become familiar with the more common conditions and issues they will face with patients on a daily basis      **Resources for Educating Nurses in High Blood Pressure Control**, 1981      *Resources in Education*, 1990      **Canadian Family Practice Guidelines** Jill C. Cash, Cheryl A. Glass, Debbie Fraser, Lynn Corcoran, Margaret Edwards, 2019-08-15 Written specifically for the needs of family and adult nursing students medical students and primary care practitioners in Canada this gold standard reference of family practice in America named a 2013 Doody's core title and 1st place winner of the American Journal of Nursing book award in 2017 now provides current Canadian practice protocols for professional standards of care across the life span Guidelines are delivered in a user friendly step by step instructional style for physical exams and diagnostic testing results in SI units health maintenance recommendations approved by Health Canada care guidelines including Canadian drug names and dietary information information on culturally responsive care and patient resources specific to Canada Practice guidelines are organized primarily by body system and delivered in outline format for quick and easy access Each of more than 280 disorder protocols includes definition incidence prevalence pathogenesis predisposing factors common findings other signs and symptoms subjective data physical examination diagnostic tests differential diagnoses plan follow up consultation referral and individual considerations Also included are numerous Client Teaching Guides in PDF format for customization and downloading Abundant references are specific to the Canadian health care system Key Features Presents over 280 guidelines in consistent outline format Provides Canadian routine health maintenance guidelines vaccinations and screenings for HIV and HepC Covers individual care considerations for pediatric pregnant and geriatric patients Offers numerous Client Teaching Guides in digital format for clients to take home      **Client Teaching Guides for Home Health Care** Donna Meyers, 2005-09 This edition features 66 new teaching guides for a total of 193 all updated references and source material expanded treatment of the integumentary musculoskeletal neurological and

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Cash, Cheryl A. Glass, 2015-06-26 Print CourseSmart *Family Practice Guidelines, Third Edition* Jill C. Cash, Cheryl A. Glass, 2014-02-10 Winner Third Place AJN Book of the Year Awards 2014 Advanced Practice Nursing Both editors have done a wonderful job in building upon the previous versions of this book to create an exceptionally comprehensive resource. Healthcare continues to evolve at an extremely fast pace and it is with excellent resources like this that primary care providers can continue to provide quality care. Score 100 5 stars Doody's Medical Reviews Praise for the Second Edition. This textbook provides comprehensive coverage of primary care disorders in an easy to read format and contains invaluable step by step instructions for evaluating and managing primary care patients. It belongs in every NP and PA's reference library. I highly recommend this wonderful textbook. Maria T Leik MSN FNP BC ANP BC GNP BC President National ARNP Services Inc. *Family Practice Guidelines* is an excellent resource for the busy clinician. It offers succinct comprehensive information in an easy format that is particularly useful for quick reference. This text is useful for general practice settings as well as specialty care. Anne Moore APN WHNP ANP BC FAANP Vanderbilt University. This is a comprehensive family practice resource for primary care clinicians providing current national practice guidelines for a high quality standard of care for patients across the life span in outpatient settings. It includes individual care guidelines for adult child pregnant and geriatric patients health promotion and dietary information procedure guidelines national resources and comprehensive patient teaching guides. This third edition includes updated national treatment guidelines throughout including the most recent cardiology guidelines JNC 8 seven new protocols revised procedure guidelines a new chapter on pain management guidelines for patients with opioid addiction and patient teaching sheets in print and PDF formats. The guide includes 268 disorder guidelines organized by body system presented in outline format for easy access. Each disorder includes definition incidence pathogenesis predisposing factors common complaints signs symptoms subjective data physical exam and diagnostic tests differential diagnosis plan of care including medications and follow up care. Of special note are highlighted Practice Pointers containing critical information and Individual Considerations at the end of each disorder that provide specialty care points for pediatric pregnant and geriatric populations. This resource includes 151 Patient Teaching Guides 19 Procedure guidelines Routine health maintenance guidelines Appendices covering special diets normal lab values and dental issues. **Lewis's Medical-Surgical Nursing** Diane Brown, Helen Edwards, Lesley Seaton, Thomas Buckley, 2017-03-25 Perfect for Undergraduate Nursing Students Postgraduate Specialist Nursing Pathways Advanced Medical Surgical Nursing TAFE Bachelor of Nursing Program. Lewis's Medical Surgical Nursing Assessment and Management of Clinical Problems 4th Edition is the most comprehensive go to reference for essential information about all aspects of professional nursing care of patients. Using the nursing process as a framework for practice the fourth edition has been extensively revised to reflect the rapid changing nature of nursing practice and the increasing focus on key nursing care priorities. Building on the strengths of the third Australian and New Zealand edition and incorporating relevant global nursing research and practice from the

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topic that impacts nearly every condition with a focus on the practical application to nursing care of patients NEW Expanded coverage of delegation includes additional Delegation Decisions boxes covering issues such as hypertension and postoperative patient care NEW Genetic Risk Alerts and Genetic Link headings highlight specific genetic issues related to body system assessments and disorders NEW Revised art program enhances the book's visual appeal and lends a more contemporary look throughout *Lewis's Medical-Surgical Nursing 6th Australia and New Zealand Edition* Diane Brown, Thomas Buckley, Robyn Aitken, Helen Edwards, 2023-11-28 Lewis's Medical Surgical Nursing has long been considered a comprehensive and reliable resource for nursing students preparing for their transition into clinical practice This sixth edition has been fully updated to incorporate the latest research data current clinical practice procedures and guidelines The text addresses core skills and knowledge that students need to pass their exams and go on to provide expert clinical care It prepares nurses to assess patients understand underlying diseases and their signs and symptoms and go on to plan and deliver care The text encourages readers to develop their clinical reasoning and problem solving skills in order to apply theory to their work This edition has been produced by leading expert nursing academics and clinicians who bring a strengthened focus on inclusion and diversity Provides a person centred holistic approach to patient assessment and care Complex concepts are illustrated with figures tables summaries and reflections of best practice Case studies throughout based on real life medical surgical scenarios help students to apply theory to real life Clinical practice features offer practical guidance for students Underpinned by the nursing process framework Instructor resources on Evolve Image collection PowerPoint slides Student and Instructor resources on Evolve Answer guidelines for clinical reasoning questions in case studies Student case studies Fluids and electrolytes tutorial eNursing Care Plans Clinical Cases Case Study Review questions and answers with answer rationale Conceptual Care Map Create Refreshed and up to date evidence statistics standards and procedures Updated chapters on the deteriorating patient and advanced life support to reflect recent international ILCOR and national ARC practice guidelines New chapter on caring for individuals with intellectual disability and autism Increased focus throughout on culturally safe care that aims to improve access to services and improved health outcomes for M ori Aboriginal and Torres Strait Islander people Focus on the impact of COVID 19 Enhanced content on gender equity mental health intellectual disability and autism harm minimisation for people experiencing the effects of alcohol and other drugs patient safety and nurses wellbeing and safety at work Updated Evolve resources for students and instructors

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