

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	≥ 160	≥ 100



Renal System

The kidneys are responsible for sodium retention and excretion. They also secrete Renin, which converts angiotensinogen to angiotensin, 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

Daniel F McAuley



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