



HYPERTENSION

Hypertension meaning

Hypertension is the persistent increase of blood pressure on the wall of the blood vessels.

In accordance with most major guidelines, it is recommended that a person can be deemed hypertensive if the systolic blood pressure (SBP) in the office or clinic is ≥ 140 mm Hg and/or the diastolic blood pressure (DBP) is ≥ 90 mm Hg after repeated examinations.

The normal blood pressure is

Systolic blood pressure < 130 mmHg
Diastolic blood pressure < 85 mmHg



Sign and symptoms

While the majority of the people are asymptomatic, the of presenting symptoms include:



- Headache
- Dizziness
- Vomiting
- Nausea
- Chest pain
- Confusion
- Anxiety
- Nosebleeds
- Buzzing in the ears
- Dysnea (difficulty breathing)
- Abnormal heart rhythm
- Blurred vision or other vision changes

Prevention

Hypertension prevention can be done through the incorporation of various lifestyle changes such as:

- Weight loss
- Reduced sodium intake
- Increased potassium intake
- Increased physical activity
- Reduced alcohol consumption
- Incorporation of Dietary Approaches to Stop Hypertension (DASH) diet.

If you want to know more about hypertension visit this website

<https://www.pacehospital.com/hypertension-symptoms-causes-types-complications-prevention>

Ana Paola Sifuentes Basurto
Karol Romina Sierra Barajas

Hypertension Teaching Guide

Jill C. Cash, Cheryl A. Glass



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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 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 **Resources for Educating Nurses in High Blood Pressure Control** ,1981 **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 respiratory systems all new guides on substance abuse sensory disorders and pediatric disorders expanded coverage of psychiatric disorders six new nursing diagnoses and many new guides for high tech home care procedures such as IV therapy the use of inhalers mini nebulizers and ventilators

Family Practice Guidelines, Third Edition Jill C. Cash, Cheryl A. Glass, 2014-02-10 Print CourseSmart *Resources in Education* ,1990 **Family Practice Guidelines, Fourth Edition** Jill C. Cash, Cheryl A. Glass, 2017-01-20 Print version of the book includes free access to the app web iOS and Android which offers interactive Q A review plus the entire text of the print book Please note the app is included with print purchase only This bible of family practice for primary care students and clinicians provides current national practice guidelines for professional standards of care across the life span Concise and clearly organized the resource features detailed step by step instructions for physical examinations and diagnostic testing in the outpatient setting information on health promotion care guidelines dietary information information on culturally responsive care patient resources and abundant patient education handouts This fourth edition is updated to include new evidence based guidelines for rheumatology public health featuring updated information on substance abuse violence obesity homelessness and lesbian health the sports physical exam and interventions endocrinology the 2015 Beers Criteria new Centers for Disease Control and Prevention CDC recommendations for health maintenance posttraumatic stress disorder PTSD assessment and management restless legs syndrome sexual dysfunction treatment and psychiatric disorders Several new and updated Patient Teaching Guides with printable education points add to the book s outstanding utility as a

thorough and reliable clinical resource Each of the 268 diagnoses includes definition incidence pathogenesis predisposing factors common complaints signs symptoms subjective data physical exam and diagnostic tests differential diagnosis and a care plan New to the Fourth Edition New and updated guidelines for Rheumatology polymyalgia rheumatica Sj gren s syndrome psoriatic arthropathy pseudogout calcium pyrophosphate dihydrate ankylosing spondylitis reactive arthritis Raynaud s syndrome Public Health substance abuse violence obesity homelessness lesbian health Sports Exam assessment and treatment 2015 Beers Criteria CDC recommendations vaccine and cancer screening Endocrinology diabetes management and new Food and Drug Administration approved medications Updated to reflect the Whelton 2017 guidelines for hypertension Neurology PTSD and restless legs syndrome management Sexual dysfunction Bipolar and other behavioral health disorders New and updated Patient Teaching Guides Key Features Presents information for 268 disorders in consistent format for ease of use Highlights key considerations with Practice Pointers Provides individual care points for pediatric pregnant and geriatric patients Includes 138 printable Patient Teaching Guides Offers 18 procedure guidelines and routine health maintenance guidelines 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 **Family Practice Guidelines** Jill C. Cash, Cheryl A. Glass, 2010-11-18 Designated a Doody s Core Title This is a wonderful book for both novice and experienced physician assistants and nurse practitioners This latest edition will see frequent use in your daily practice Score 100 5 stars Doody s Medical Reviews This textbook provides comprehensive coverage of primary care disorders in an easy to read format and

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