


Essential Hypertension


Risk Factors

Essential Hypertension Care Plan


Behavioral:

- Diet choices
- Excessive alcohol intake
- Increased sodium intake 
- Sedentary lifestyle
- Tobacco use


Condition/Disease:

- Advanced age 
- Diabetes mellitus
- Hyperlipidemia
- Obesity

Psychological/Personal: UpToDate

- Family history
- Stress factors
- Psychological disorder 



Social/Cultural:

- Ethnicity or race *More common in African Americans*
- Socioeconomic factors 





Assessment UpToDate

- Hypertension is generally asymptomatic.*

Functional:

- Edema
- Fatigue
- Tinnitus 
- Visual impairment 

Physiological:

- Chest pain or pressure
- Dyspnea
- Flushing of skin
- Frequent nosebleeds 
- Headache 
- Hematuria
- Lightheadedness/dizziness 
- Nausea
- Palpitations 
- Proteinuria

Psychological:

- Confusion

Expected Outcomes

Activity:

Ability to tolerate increased activity will improve

Cardiac:

Blood pressure will improve

Complications related to the disease process, condition or treatment will be avoided or minimized

Cognitive:

Knowledge of disease or condition will improve

Knowledge of the prescribed therapeutic regimen will improve

Coping:

Ability to identify and develop effective coping behavior will improve

Health Behavior:


Identification of resources available to assist in meeting health care needs will improve

Nutritional:

Ability to identify appropriate dietary choices will improve

Interventions **Activity:**

Assess activity level

Encourage regular exercise UpToDate 

Cardiac:

Assess cardiovascular status 

Monitor blood pressure UpToDate UpToDate 

Assess for complications UpToDate 

Cognitive: 


Teach importance of blood pressure control UpToDate UpToDate

Discuss information regarding technique to measure blood pressure 

Discuss compliance with prescribed medication regimen 

Teach information regarding medications UpToDate UpToDate 

Discuss smoking cessation UpToDate UpToDate UpToDate

Teach appropriate dietary choices UpToDate UpToDate 


Discuss information about weight loss UpToDate UpToDate

Discuss information regarding benefits of regular exercise UpToDate UpToDate

Discuss stress management techniques 


Coping:


Explore coping skills and behavior


Encourage relaxation techniques 

Encourage verbalization of feelings regarding condition or disease

Health Behavior: 

Collaborate with pharmacist 

Refer to case management 

Refer to smoking cessation program UpToDate 

Identify available resources and support systems

Refer to community resources 

Nutritional: UpToDate UpToDate 

Collaborate with dietitian

Obtain nutritional assessment

Evaluation

Activity:

Ability to tolerate increased activity has

Cardiac:

Blood pressure has

Complications related to disease process, condition or treatment have been avoided or minimized

Cognitive:

Knowledge of disease or condition has improved

Knowledge of the prescribed therapeutic regimen has

Coping:

Ability to identify and develop effective coping behavior has

Health Behavior:

Ability to identify resources available to assist in meeting health care needs has

Nutritional:

Ability to identify appropriate dietary choices has
