Hypertension Management in the Community

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Learning Objectives

At the end of this session, participants will be able to:

1. Increase staff understanding of how to assess hypertension in an institutional setting
2. Increase staff knowledge of how to teach members self-management skills
3. Increase staff knowledge of the services & supports members will need to manage their hypertension
4. Increase staff ability to identify early red flags related to hypertension
5. Powerpoint will be listed on UIC Colbert/Williams website

https://colbert-williams.webhost.uic.edu/index.shtml
What is Blood Pressure?

- As your heart pumps, it forces blood throughout your body.
- The action of the heart causes difference between systolic (pumping) and diastolic (resting) blood pressure.
- Force is needed to ensure blood gets where it is needed.
- Too much force can cause damage.

American Heart Association 2016
## Blood Pressure Parameters

<table>
<thead>
<tr>
<th>Category</th>
<th>Systolic</th>
<th>Diastolic</th>
<th>Small Font</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>120</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>Pre-Hypertensive</td>
<td>120-139</td>
<td>80-89</td>
<td></td>
</tr>
<tr>
<td>Hypertension Stage 1</td>
<td>140-159</td>
<td>90-99</td>
<td></td>
</tr>
<tr>
<td>Hypertension Stage 2</td>
<td>160 or higher</td>
<td>100 or higher</td>
<td></td>
</tr>
<tr>
<td>Hypertensive Crisis</td>
<td>180 or higher</td>
<td>110 or higher</td>
<td></td>
</tr>
</tbody>
</table>

American Heart Association 2016
Consequences of Hypertension

- Hypertension makes the heart work harder to get blood and oxygen where it needs to go
- Can cause hardening of the arteries (atherosclerosis)
- Can lead to heart disease and stroke (first and third leading causes of death in US)
Initial Assessment

- Blood pressure at the nursing facility (parameters, consistency of values)
- Which medications are being taken for hypertension? Are they effective?
- Are there any side effects to the medications?
- Has the member been educated to watch their blood pressure and check independently?
- Which provider is following the member for hypertension?
- How was the member diagnosed with hypertension?
- Was any testing performed? What were the results?
## Red Flags

<table>
<thead>
<tr>
<th>Chest Pain</th>
<th>Strong Headache</th>
<th>Muscle Weakness</th>
<th>Confusion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatigue</td>
<td>Difficulty Breathing</td>
<td>Arm/Jaw Pain</td>
<td>Dizziness</td>
</tr>
<tr>
<td>Lack of Coordination</td>
<td>Fainting</td>
<td>Blurred Vision</td>
<td>Cold/Clammy Skin</td>
</tr>
<tr>
<td></td>
<td>Nausea/Vomiting</td>
<td>Sweating</td>
<td></td>
</tr>
</tbody>
</table>
### Major Complications

- Stroke
- Kidney Damage
- Heart Failure
- Eyesight concerns
- Seizures
- Loss of Consciousness
- Fluid Backup in Lungs – Difficulty Breathing
Hypertension Management

● There are a lot of medications available for hypertension management
  ○ **Common medications:**
    - lisinopril, atenolol, metoprolol, HCTZ (hydrochlorothiazide), losartan, amlodipine
  ○ **Common side effects:**
    - increased urination, dizziness, weakness, cough, headache

● Common side effects with antipsychotics: abnormal heart rhythm, lower blood pressure
Measure your blood pressure in the morning right after you wake up or in the evening before you go to bed. Try to measure your blood pressure at the same time every day.

1. Rest for 5 minutes before measuring your blood pressure.
2. Sit in a chair with both feet flat on the ground and back straight.
3. Place your arm at the level of your heart or chest.
4. Stay still and do not talk as your blood pressure machine operates.

Choosing the correct blood pressure cuff size
Measure the circumference of your upper arm with a cloth measuring tape midway between the elbow and the shoulder. Choose a cuff size that includes this measurement.
Monitoring Blood Pressure

Be still
- No smoking, drinking caffeine, or exercise 30 minutes before measuring
- Avoid conversation when your blood pressure is being taken

Sit correctly
- Back straight and supported (on a dining chair, not sofa), feet flat on the floor and legs uncrossed
- Arm supported on flat surface (such as a table) with the upper arm at heart level
- Know correct placement for the cuff you are using

Measure at the same time every day

Take multiple readings and record the results
- Take two or three readings one minute apart
- Record the results using a paper, online tracker or monitor’s built-in memory
Monitoring Supplies

- Blood Pressure Cuff
- Blood Pressure Log
- Action Guide

Blood Pressure Tracker

<table>
<thead>
<tr>
<th>Date</th>
<th>Time (a.m.)</th>
<th>Blood pressure</th>
<th>Time (p.m.)</th>
<th>Blood pressure</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sample: 12/8</td>
<td>11:45</td>
<td>137/87</td>
<td>8:24</td>
<td>154/95</td>
<td>Stressful day at work</td>
</tr>
</tbody>
</table>


Hypertension Management

- Ensure appointments with healthcare providers are kept
- If the member is not connected to a provider, follow up to make sure the linkage is completed
- Keep a list of all medications (prescription and over the counter)
- Take medications as prescribed the same time everyday
- Expect to take medications for life
- Never cut back or decrease dosages without consulting with a healthcare provider
Condition Management Review

- Collaborate with providers
- Medication plan
- Hypertension supplies
- Self-management skills
- Nutrition
- Lifestyle habits and choices
- Red flags
- Assessment
Collaboration

- Many individuals with hypertension have multiple health conditions
- Individuals commonly have multiple providers and need to be seen regularly to monitor
  - Primary Care Provider (every 3 months)
  - Cardiologist (once a year)
  - Co-morbidity specialists (varies)
- Collaboration
  - Prevents duplicating treatment
  - Facilitates a comprehensive care plan
  - Identifies complications
  - Identifies resources
- Impact of co-morbid conditions
References


Thank you all for your commitment to improving the health and well-being of your client members!