

WELCOME TO

BLOOD PRESSURE 101: KEEPING IT LOWKEY

Ingram School of Nursing



TREATMENT/MANAGEMENT OF HYPERTENSION

Non-pharmacological:

- Blood pressure monitoring
- Diet changes
- Physical activity
- Stress Management

Pharmacological

- Consult MD/NP before taking any medications
- Prescriptions could include: Antihypertensives, Diuretics etc.



RESOURCES:

- Hypertension Canada
- Heart and Stroke on High Blood Pressure
- Government of Canada - High Blood Pressure

REGULAR BLOOD PRESSURE

Systolic blood pressure =
100 mmHg - 120 mmHg
Diastolic blood pressure =
60 mmHg - 80 mmHg

HYPERTENSION

Systolic blood pressure ≥ 140 mmHg
Diastolic blood pressure ≥ 90 mmHg

HYPOTENSION

Systolic blood pressure ≤ 90 mmHg
Diastolic blood pressure ≤ 60 mmHg



HYPERTENSION

- **Primary hypertension:** Without a specific underlying cause, develops due to lifestyle choices, genetics and aging.
- **Secondary hypertension:** Results from an identifiable underlying condition or causes, such as kidney disease, hormonal disorders, medications, etc.

Risk factors:

- **Lifestyle factors:** high salt diet, low potassium, lack of exercise, excessive alcohol consumption and smoking.
- **Genetics:** Family history = higher risk
- **Age:** Hypertension becomes more common as people age
- **Obesity:** Excessive body weight
- **Stress**
- **Chronic kidney disease, adrenal and thyroid disorders**

Clinical manifestation: Headaches, fatigue, dizziness, palpitations, shortness of breath
(Often asymptomatic)

Complications:

- **Cardiovascular issues**
- **Kidney problems**
- **Pre-eclampsia**
- **Brain and nervous system problems**
- **Metabolic issues**

HYPOTENSION

Risk factors:

- **Dehydration:** reduced blood volume
- **Medication:** antihypertensives, diuretics, etc.
- **Heart conditions:** Abnormal heart rhythm or heart valve issues
- **Endocrine problems:** Hormonal disorders like thyroid issues or adrenal insufficiency
- **Blood loss:** Due to severe injury
- **Infection**
- **Genetic factors:** Family history = higher risk

Clinical manifestation:

- Dizziness or lightheadedness when standing up
- Fainting or near-fainting
- Blurred vision, fatigue or weakness
- Confusion or difficulty concentrating,
- Cold and clammy skin
- Shallow breathing, thirst and difficulty maintaining balance or coordination

Complications:

- **Difficulty concentrating**
- **Shock**
- **Kidney damage**
- **Chest pain**
- **Compromised organ function**

LIFESTYLE INTERVENTIONS AS PREVENTION

- **Reduce alcohol consumption**
- **Increase physical activity per week**
- **Weight reduction**
- **Diet (Fruits, vegetables, low-fat dairy products, plant sourced protein)**
- **Reduce sodium intake to 2000mg/day**
- **Increase food with potassium**
- **Avoid potassium and magnesium supplements**
- **Stress management**

Health is wealth

