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Essential Hypertension in Adults

Elizabeth Oti
Otterbein University, elizabeth.oti@otterbein.edu

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Hypertension is often referred to as a mmHg or higher and/or a systolic blood pressure (SBP) of 140 and women. the high prevalence of HTN among men because he takes care of

Signs and Symptoms

Hypertension is called the “silent killer” because it has no warning signs or symptoms (Essential  

Risk Factors for Hypertension

Aldosterone

Dietary intake of sodium and low potassium

Sedentary lifestyle

Consumption of diet high in sodium and low in potassium

Table 1. Definitions and classification of blood pressure levels (Wang et al., 2017)

<table>
<thead>
<tr>
<th>Blood Pressure Level</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal Blood Pressure</td>
<td>SBP &lt; 120/80 mmHg</td>
</tr>
<tr>
<td>Prehypertension Blood Pressure</td>
<td>120-129/80-84 mmHg</td>
</tr>
<tr>
<td>Stage 1 Hypertension Blood Pressure</td>
<td>130-139/85-89 mmHg</td>
</tr>
<tr>
<td>Stage 2 Hypertension Blood Pressure</td>
<td>SBP ≥ 140/90 mmHg</td>
</tr>
</tbody>
</table>

What are the signs and symptoms of hypertension?

What are the risk factors for hypertension?

How can blood pressure be measured?

What is the DASH diet and how does it help prevent hypertension?

What is renin-angiotensin-aldosterone system (RAAS) and how does it contribute to hypertension?

What is the significance of pathophysiology of essential hypertension?

How can therapeutic interventions be tailored to manage hypertension effectively?

What are the nursing implications for patients with hypertension?

What are the conclusions drawn from the study on the role of renin-angiotensin-aldosterone system in hypertension?

What are the practical applications of the study findings?

What are the limitations of the study and potential areas for future research?