

Standard 3

Revised: 2003, 2006, 2009

Reviewed: 1991, 1994, 1997, 2000

CARE OF THE PATIENT WITH UNCONTROLLED HYPERTENSION

OBJECTIVES:

1. To maintain blood pressure within acceptable limits for that patient.
2. To promote patients/significant other's understanding of the disease process and management.
3. To prevent complications related to hypertension.
4. To educate regarding lifestyle modifications to assist with blood pressure control.

PROCESS STANDARDS:

1. Blood pressure will be taken a minimum of every 4 hours.
2. The patient will be assessed each shift for signs of complications (e.g. acuity).
3. The patient will be maintained on bed rest unless otherwise ordered. If not on bed rest, the patient will be encouraged to rest between activities.
4. The most favorable location for obtaining the patient's blood pressure is the upper arm unless otherwise contraindicated.
5. The patient/significant others will be informed of dietary limitations particularly regarding: Sodium intake, caloric intake, as ordered per physician.
6. The patient/significant others will be instructed in medical management of disease; e.g. medication, weight control, stress management and exercise regime; as applicable.

OUTCOME STANDARDS:

At the time of discharge:

1. The patient's blood pressure will have been within acceptable limits for that patient for the 24 hours prior to discharge.
2. The patient/significant others will communicate understanding of the disease process and management.
3. The patient will have been free of any complications related to hypertension for the 24 hours prior to discharge.

HAVE I DOCUMENTED:

- * Blood Pressure as ordered and PRN
 - Both arms
 - Lying and sitting
 - Abnormals called to physician
- * Activity tolerance

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HAVE I DOCUMENTED continued:

- * I&Os
- * Patient education
 - Medication
 - Lifestyle modification
 - Activity level
 - Signs and symptoms of complications
- * Quiet environment
- * Medications
 - Side effects
 - Notification of physician if hypotension occurs

At The Time of Discharge:

- * Blood pressure stable for past 24 hours
- * Patient understanding of disease process and self care at home

Reference:

1. Shirato, S. *Hypertension. Evidenced-Based Nursing Monographs*. Mosby's Nursing Consult Web site: [Mosby's Nursing Consult - Evidence-Based Nursing](#). Published April 23, 2008. Retrieved October 29, 2009.
2. Sommers, M.S., Johnson, S.A., and Beery, T.A. Diseases and Disorders: A Nurses Therapeutics Manual 3rd ed. (2007). *Hypertension*. F.A.Davis Co.: Philadelphia.