

HTN PATHO CHART

PATHOPHYSIOLOGY

Elevation in blood pressure identified as either Primary (essential) or Secondary. Cause for primary is unknown (idiopathic). Cause for secondary is an underlying condition (CKD, narrowing of arteries, endocrine disorders, excess aldosterone, cortisol, or catecholamines).

ASSESSMENT FINDINGS

- Family History
- Diabetes
- Smoking
- ETOH use
- Past cardiovascular, cerebrovascular, renal, or thyroid disease

DIAGNOSTICS

- Assess blood pressure (SBP > 140 or DBP >90 in three separate readings)

NURSING PRIORITIES

- Promote Optimal Cardiac Output
- Optimize Activity Tolerance
- Assess and Manage Pain

THERAPEUTIC MANAGEMENT

- Record I&O
- Assess CV changes
- Sodium restriction
- Weight reduction
- Assess renal and neuro status
- Smoking cessation

MEDICATION THERAPY

- ACE Inhibitors
- Beta Blockers
- CCBs
- Diuretics

