

WHAT IS



HYPERTENSION



Hypertension is a chronic disease which occurs with decreased vascular elasticity and inability of arterioles to expand that caused by a disruption in vascular endothelium and atherosclerotic changes.



CLASSIFICATION OF HYPERTENSION.

(ACCORDING TO THE WORLD HEALTH ORGANIZATION)

	SYSTOLIC	DIASTOLIC
OPTIMAL	<120	<80
NORMAL	<130	<85
HIGH-NORMAL	130-139	85-89
GRADE 1 (MILD HYPERTENSION)	140-159	90-99
GRADE 2 (MODARETE HYPERTENSION)	160-179	100-109
GRADE 3 (SEVERE HYPERTENSION)	>180	>110



SYMPTOMS OF



HYPERTENSION

Most people are unaware of the problem because it may have no warning signs or symptoms. When symptoms do occur they can include;

 Early morning headaches

 Nosebleeds

 Irregular heart rhythms

 Vision changes

 Buzzing in the ears.

Severe Hypertension can also cause;

 Fatigue

 Nausea

 Vomiting

 Confusion

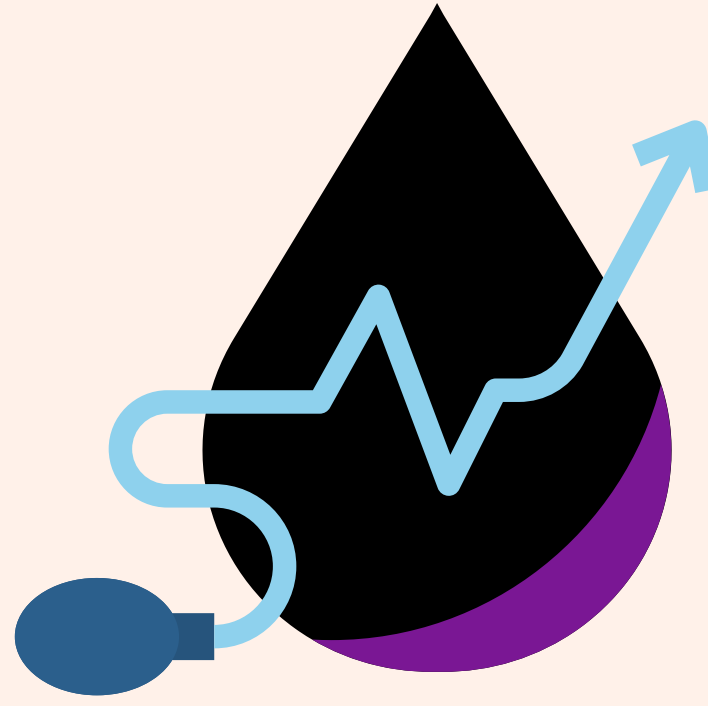
 Anxiety

 Chest Pain

 Muscle Tremors



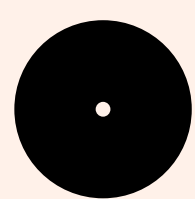
CAUSES OF



HYPERTENSION

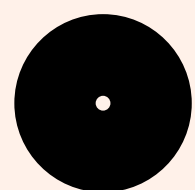
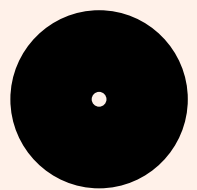
- Hypertension usually develops over time.
- It can happen because of unhealthy lifestyle choices, such as not getting enough regular physical activity and unhealthy eating habits.
- Some chronic diseases such as diabetes and having obesity can also increase the risk of developing hypertension.
- Hypertension can also occur during pregnancy.

NURSING DIAGNOSES OF HYPERTENSION



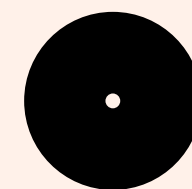
THE RISK FOR DECREASED CARDIAC OUTPUT RELATED TO VASOCONSTRICTION.

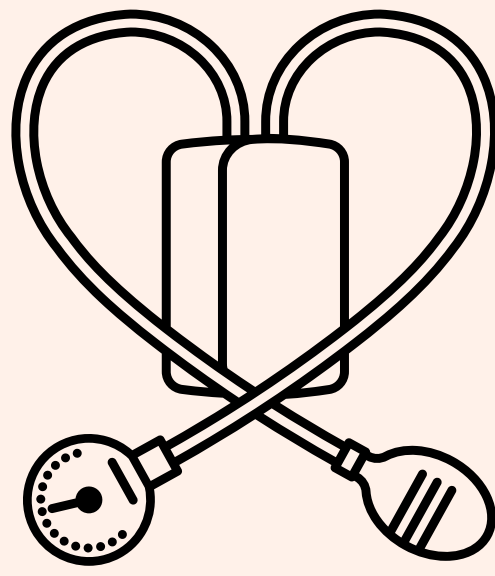
ACTIVITY INTOLERANCE RELATED TO A SEDENTARY LIFESTYLE.



IMBALANCED NUTRITION: MORE THAN BODY REQUIREMENTS RELATED TO HIGH-CALORIE INTAKE

ACUTE PAIN RELATED TO INCREASED CEREBRAL VASCULAR PRESSURE (LOCALIZED IN HEAD)





TREATMENT

SIMPLE LIFESTYLE CHANGES CAN HELP REDUCE HIGH BLOOD PRESSURE, ALTHOUGH SOME PEOPLE MAY NEED TO USE MEDICINE AS WELL.

➤ **These lifestyle changes are;**

- Healthy nutrition
- Stress management
- The ideal weight of the body
- Salt restriction in diet
- Quitting smoke
- Restriction of alcohol
- Increasing Daily activity.

➤ **In the medical treatment of hypertension there are five groups of drugs;**

- Diuretics
- Beta-blockers
- Calcium Channel Blockers
- ACE Inhibitors
- Angiotensin Receptor Blockers

Sources:

<https://www.who.int/>

<https://ish-world.com/index.htm>

<https://www.cdc.gov/>

<http://nandahemsireliktanilari.com/nanda-hemsirelik-tanilari-ve-bakim-planlari/>

