

## Hypertension

Standard of Care	Educational Information	Outcomes	Teaching Materials	Community Resources	Health Professional Resources and References
<p>What is Hypertension?</p>	<p>The organs in your body need oxygen. Oxygen is carried in the body through blood. When the heart beats, it creates pressure that pushes blood through a network of blood vessels and capillaries. Blood pressure is the force of blood pushing against blood vessel walls. High blood pressure (HBP) means the pressure in your arteries is higher than it should be. Another name for high blood pressure is</p>	<p>Patient/family understands the significance of hypertension and can verbalize cause/effect of diet, exercise, and medication on self-management of blood pressure control.</p>	<p>What is High Blood Pressure? (Patient brochure)            American Heart Association  <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300310.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300310.pdf</a></p> <p>Understanding Blood Pressure Readings            American Heart Association  <a href="http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp">http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp</a></p> <p>Why High Blood Pressure Matters            American Heart Association  <a href="http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/WhyBloodPressureMatters/Why-Blood-Pressure-Matters_UCM_002051_Article.jsp">http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/WhyBloodPressureMatters/Why-Blood-Pressure-Matters_UCM_002051_Article.jsp</a></p>	<p>American Heart Association  <a href="http://www.heart.org">http://www.heart.org</a></p> <p>Michigan Department of Community Health  <a href="http://www.michigan.gov/prioritycare">http://www.michigan.gov/prioritycare</a></p> <p>Million Hearts National Initiative  <a href="http://millionhearts.hhs.gov/about_mh.html">http://millionhearts.hhs.gov/about_mh.html</a></p> <p>Centers for Disease Control and Prevention  <a href="http://www.cdc.gov/bloodpressure/">http://www.cdc.gov/bloodpressure/</a></p>	<p>Dietary Approaches to Prevent and Treat Hypertension: A Scientific Statement From the American Heart Association. American Heart Association. <i>Hypertension</i>. 2006.  <a href="http://hyper.ahajournals.org/content/47/2/296.full.pdf+html">http://hyper.ahajournals.org/content/47/2/296.full.pdf+html</a></p>

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Life style changes: diet	<p>Lose weight if you're overweight.</p> <p>Eat healthy meals low in saturated fat, trans fat, cholesterol, salt (sodium) and added sugars.</p> <p>Limit alcohol to no more than one drink per day for women or two drinks a day for men.</p> <p>Salt is sodium chloride. Too much sodium in your system causes your body to retain (hold onto) water. This puts an extra burden on your heart and blood vessels.</p> <p>In some people, this may lead to or raise high blood</p>	<p>Patient is able to verbalize the need to reduce high salt and fat intake from their diet.</p>	<p>How Can I Make My Lifestyle Healthier? (Patient brochure)  <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/image/ucm_300674.pdf">American Heart Association            http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/image/ucm_300674.pdf</a></p> <p>Why Should I Limit Sodium? (Patient brochure)            American Heart Association  <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300625.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300625.pdf</a></p> <p>How Do I Follow A Healthy Diet? (Patient brochure)            American Heart Association  <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300467.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300467.pdf</a></p> <p>How Do I Read 'Nutrition Facts' Labels? (Patient brochure)            American Heart Association  <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300468.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300468.pdf</a></p>	<p>See resources provided above</p>	

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	<p>pressure. Having less sodium in your diet may help you lower or avoid high blood pressure.</p> <p>One teaspoon of salt contains about 2,300 mg of sodium. Your body only needs 200 mg of sodium per day.</p> <p>You should reduce the amount of sodium in their diet to less than 1,500 mg a day.</p>		<p>Low Sodium Recipes American Heart Association <a href="http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/HighBloodPressureToolsResources/Low-Sodium-Recipes_UCM_306800_Article.jsp">http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/HighBloodPressureToolsResources/Low-Sodium-Recipes_UCM_306800_Article.jsp</a></p>		
Life style changes: exercise	Be more physically active. Aim for at least 150 minutes (2 hours and 30 minutes) of moderate-intensity, or 75 minutes (1 hour	Patient is able to identify an exercise plan that can be maintained and become part of a daily routine.	<p>Why Should I Be Physically Active? (Patient brochure) American Heart Association <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300469.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300469.pdf</a></p> <p>How Can Physical Activity Become</p>	See resources provided above	

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	and 15 minutes) of vigorous-intensity, aerobic exercise each week.		<p>A Way of Life? (Patient brochure) American Heart Association <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300470.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300470.pdf</a></p> <p>How Can I Manage My Weight? (Patient brochure) American Heart Association <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300655.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300655.pdf</a></p>		
Life style changes: smoking cessation	<p>Smoking is the most important preventable major risk factor for heart and blood vessel disease.</p> <p>No matter how much or how long you've smoked, when you quit smoking, your risk of heart disease and stroke starts to drop. In the year after you quit smoking,</p>	<p>Patient is able to verbalize the health benefits of stopping smoking. Patient has prepared a plan to quit. Patient has implemented a plan to quit smoking.</p>	<p>How Can I Quit Smoking? (Patient brochure) American Heart Association <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300457.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300457.pdf</a></p> <p>How Can I Handle the Stress of Not Smoking? (Patient brochure) American Heart Association <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300458.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300458.pdf</a></p>	See resources provided above	

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	<p>your excess risk of future coronary heart disease drops by 50 percent. After 15 years, your risk is as low as someone who has never smoked.</p>				
<p>Oral Medications</p>	<p>Some medicines, such as vasodilators, help relax and open up your blood vessels so blood can flow through better.</p> <p>A diuretic can help keep your body from holding too much water and salt.</p> <p>Other medicines help your heart beat more slowly and with less force.</p>	<p>Patient is able to verbalize the names, dosages, indication, route and administration of their blood pressure medications. Patient demonstrates proper medication administration and adherence to regimen. Patient is able to verbalize side effects that should be reported to the Primary Care Provider (PCP).</p>	<p>What Is High Blood Pressure Medication? (Patient brochure) American Heart Association <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300448.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300448.pdf</a></p> <p>How Do I Manage My Medicines? (Patient brochure) American Heart Association <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_319684.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_319684.pdf</a></p>	<p>See resources provided above</p>	<p>Michigan Quality Improvement Consortium Clinical Guideline: Medical Management of Adults with Hypertension <a href="http://www.michigan.gov/documents/mdch/MQIC200920Medical20Management20of20Adults20with20Hypertension20Guideline323996_7.pdf">http://www.michigan.gov/documents/mdch/MQIC200920Medical20Management20of20Adults20with20Hypertension20Guideline323996_7.pdf</a></p>

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<p>Monitoring</p>	<p>Blood pressure is written as two numbers, such as 112/78 mm Hg. The top, systolic, number is the pressure when the heart beats. The bottom, diastolic, number is the pressure when the heart rests between beats. Normal blood pressure is below 120/80 mm Hg.</p> <p>If you're an adult and your systolic pressure is 120 to 139, or your diastolic pressure is 80 to 89 (or both), you have "prehypertension."</p> <p>High blood pressure is a pressure of</p>	<p>Patient is able to perform blood pressure monitoring and verbalizes frequency of monitoring and goals for blood pressure readings.</p>	<p>The ABCD's of Blood Pressure Measurement (Patient brochure) American Heart Association <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_445846.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_445846.pdf</a></p> <p>Symptoms, Diagnosis and Monitoring of High Blood Pressure American Heart Association <a href="http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/SymptomsDiagnosisMonitoringofHighBloodPressure/Symptoms-Diagnosis-Monitoring-of-High-Blood-Pressure_UCM_002053_Article.jsp">http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/SymptomsDiagnosisMonitoringofHighBloodPressure/Symptoms-Diagnosis-Monitoring-of-High-Blood-Pressure_UCM_002053_Article.jsp</a></p> <p>Blood Pressure Tracker American Heart Association <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_305157.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_305157.pdf</a></p> <p>How Can I Monitor My Cholesterol, Blood Pressure and Weight? American Heart Association <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300461.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300461.pdf</a></p>	<p>See resources provided above</p>	
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	140 systolic or higher and/or 90 diastolic or higher that stays high over time.				
Preventing complications: Stroke, Heart Failure and Heart Attack	<p>Uncontrolled high blood pressure can injure or kill you. It's sometimes called "the silent killer" because HBP has no symptoms, so you may not be aware that it's damaging your arteries, heart and other organs.</p> <p>Possible health consequences that can happen over time when high blood pressure is left untreated</p>	<p>Patient is able to verbalize the risk of stroke and heart attack associated with having high blood pressure and how to reduce their risk.</p> <p>Patient is able to verbalize the symptoms of stroke and when to seek medical help.</p> <p>Patient is able to verbalize symptoms of heart attack and when to seek medical help.</p>	<p>Let's Talk About High Blood Pressure and Stroke (Patient brochure) American Heart Association <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_319652.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_319652.pdf</a></p> <p>What Are the Warning Signs of Stroke? (Patient brochure) American Heart Association <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300317.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300317.pdf</a></p> <p>What Are the Warning Signs of Heart Attack? (Patient brochure) American Heart Association <a href="http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300319.pdf">http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300319.pdf</a></p> <p>About Chronic Kidney Disease: A Guide for Patients and Their Families (Patient booklet) National Kidney</p>	<p>American Stroke Association (<a href="http://www.strokeassociation.org">www.strokeassociation.org</a>)</p> <p>National Kidney Foundation <a href="http://www.kidney.org">http://www.kidney.org</a></p>	<p>Guidelines for the Primary Prevention of Stroke: A Guideline for Healthcare Professionals from the American Heart Association/American Stroke Association. American Heart Association. <i>Stroke</i>. 2011. <a href="http://stroke.ahajournals.org/content/42/2/517.full.pdf">http://stroke.ahajournals.org/content/42/2/517.full.pdf</a></p>

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	include: damage to the heart and coronary arteries, (including heart attack, heart disease, congestive heart failure), stroke, kidney damage, vision loss, erectile dysfunction, memory loss, angina and peripheral artery disease.		Foundation <a href="http://www.kidney.org/atoz/pdf/AboutCKDGuidePatFam.pdf">http://www.kidney.org/atoz/pdf/AboutCKDGuidePatFam.pdf</a>		
Self-management goals	Patient to establish personal goal.	Patient is able to achieve goal 70% of the time.	SMART goals for Hypertension University of Michigan Health System <a href="http://www.med.umich.edu/1info/fhp/practiceguides/newhtn/smartgoalshtn.pdf">http://www.med.umich.edu/1info/fhp/practiceguides/newhtn/smartgoalshtn.pdf</a>	See resources provided above	Achieving your SMART health goal. Stanford University. <a href="http://bewell.stanford.edu/smart-goals">http://bewell.stanford.edu/smart-goals</a>