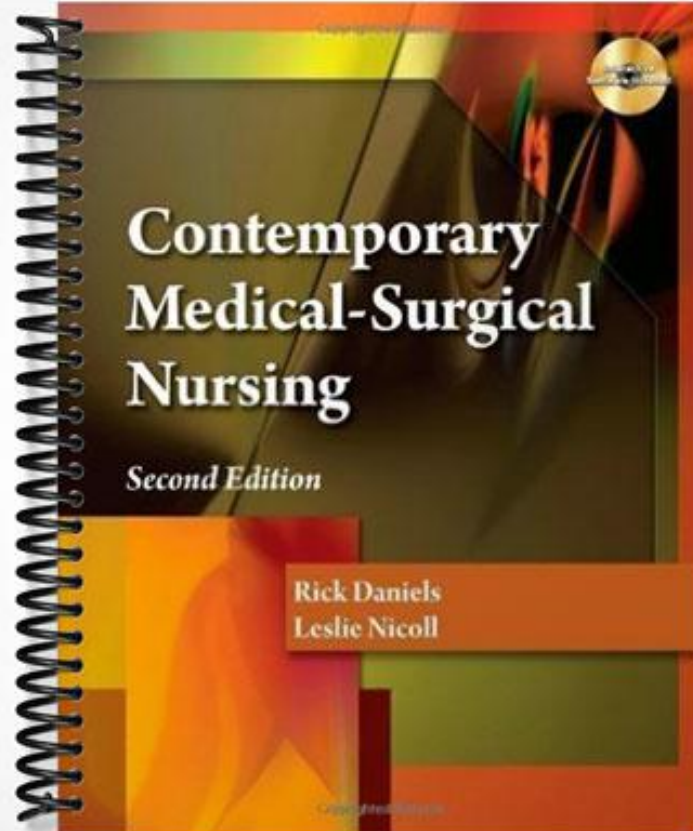


SOLUTIONS MANUAL



**Contemporary
Medical-Surgical
Nursing**

Second Edition

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Chapter Opening Answers:

Unit I:

Chapter 3: Health Education and Promotion

P.34 “What would you explain to this patient as you are taking his blood pressure for assessment of his hypertension?”

The following are bullets that are among the correct responses for this chapter opening photo:

*The blood pressure is measured by taking a blood pressure machine, such as this cuff, and putting it around your upper arm. Then, the blood pressure is measured with the upper number labeled systolic and lower number labeled diastolic. The term hypertension is used to describe your blood pressure when these two numbers are elevated.

*Hypertension is defined when the upper (systolic) and lower (diastolic) numbers of your blood pressure are elevated. For example, when the upper number is from 120-130 that is labeled prehypertension. When the upper number is between 130-140, that is stage I hypertension. When the lower number is between 80-90 that is labeled prehypertension. When the lower number is between 90-100 that is Stage I hypertension.

*Hypertension, when left untreated, can cause different types of damage to your heart, your kidneys, and in general to your circulation. Typically, hypertension is treated with medications. First, diuretics are used to see if the extra urine that diuretics cause you to eliminate will decrease your blood pressure. Then, different types of antihypertensive medications are in an attempt to lower your blood pressure.

*accurate documentation of the findings of the patient education on hypertension, and any responses made by the patient