

Hypertension update: Implications for nursing practice

Does your practice align with national guidelines?

Do you measure BP according to the latest standards?

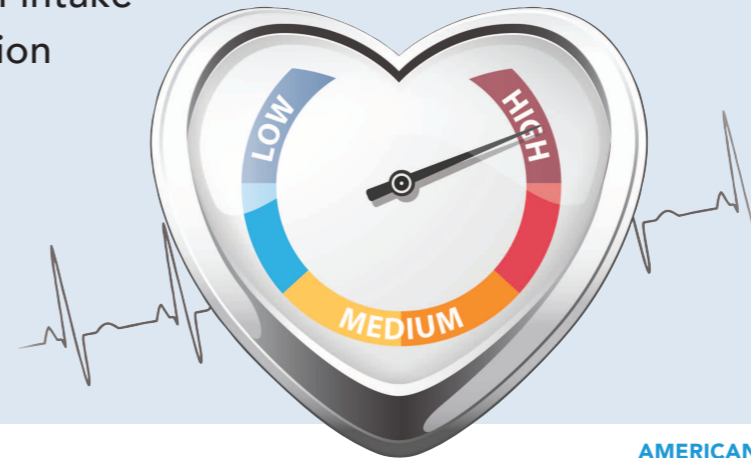
- Use automated, rather than manual, method
- Avoid the most common source of error—wrong cuff size
- Validate home BP monitors for accuracy

Do you discuss lifestyle modifications with patients?

- Dietary Approaches to Stopping Hypertension (DASH) eating plan
- Sodium reduction
- WHO physical activity recommendations
- Limiting alcohol intake
- Tobacco cessation

Do you know the four main pharmacologic classes?

- Angiotensin converting enzyme inhibitors
- Angiotensin receptor blockers
- Calcium channel blockers
- Diuretics



Learn more at [myamericannurse/?p=306886](https://www.myamericannurse.com/?p=306886)

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