

# Hypertension OPT

## 1.0.15

### Care Plans

#### Adult

## Hypertension Care Plan

Reason / Problem UpToDate UpToDate     

### Hypertensive Disorder

Expected Outcomes  

#### Activity:

Energy level will increase

Monitor activity level

Encourage regular exercise UpToDate

#### Cardiac:

Ability to maintain an adequate cardiac output will improve


Perform comparison of current condition to baseline findings

Report abnormal clinical measurements outside given parameters

Blood pressure will improve

Monitor blood pressure UpToDate UpToDate 

Monitor orthostatic blood pressure

Monitor response to treatment 

Signs of adequate cerebral perfusion will stabilize

Monitor neurocognitive status

Implement continuous positive airway pressure (CPAP) 

#### Cognitive:


Knowledge of disease or condition will improve

Evaluate educational needs

Teach importance of blood pressure control UpToDate UpToDate UpToDate

Review reporting changes in condition

Knowledge of the prescribed therapeutic regimen will improve

Discuss information regarding technique to measure blood pressure 


Teach information regarding medications UpToDate

Explain potential side effects of all prescribed medications

Teach slow position changes to prevent orthostatic hypotension UpToDate

Discuss need for compliance to help attain goals

Teach appropriate dietary choices UpToDate UpToDate

Discuss consulting a practitioner before taking over-the-counter medications, supplements or herbal drugs UpToDate 


Teach healthy lifestyle practices UpToDate UpToDate UpToDate UpToDate

Discuss information regarding benefits of regular exercise UpToDate

Explain follow-up care 

#### Coping: UpToDate

Ability to identify and develop effective coping behavior will improve

Encourage interaction with others  

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Encourage verbalization of feelings regarding condition or disease

Encourage relaxation techniques 🌟B

## Health Behavior: 🌟B🔔

Ability to demonstrate healthy behavior will improve

Obtain consult to dietitian

Support meal planning

Encourage appropriate dietary choices UpToDate

Encourage recommended lifestyle changes UpToDate 🌟C

Encourage smoking cessation UpToDate

Refer to smoking cessation program UpToDate

Refer to weight management program or group

Compliance with therapeutic regimen will improve

Assess nutritional intake UpToDate 🌟B

Encourage compliance with prescribed medication regimen 🌟B🌟C🌟C🌟C

Monitor compliance with therapeutic regimen 🌟B🌟C🔔

Manage necessary consults and/or referrals

Assess tobacco use and smoking status 🚫

## Physical Regulation:

Will show no signs or symptoms of fluid imbalance

Monitor signs of edema 🧑🏻

Complications related to the disease process, condition or treatment will be avoided or minimized

Manage medications UpToDate 🌟B

Evaluate potential side effects of all prescribed medications 🌟C

Encourage safety precautions 🌟C

Monitor for complications UpToDate UpToDate

Monitor peripheral pulse rate

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## Evaluation

### Activity:

Energy level has

### Cardiac:

Ability to maintain an adequate cardiac output has

Blood pressure has

Ability to show signs of adequate cerebral perfusion has

### Cognitive:

Knowledge of disease or condition has

Knowledge of the prescribed therapeutic regimen has

### Coping:

Ability to identify and develop effective coping behavior has

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## **Health Behavior:**

Ability to demonstrate healthy behavior has

Compliance with therapeutic regimen has

## **Physical Regulation:**

Has shown no signs or symptoms of fluid imbalance

Complications related to disease process, condition or treatment have been avoided or minimized

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