



HOME BP MONITORING

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What is Blood Pressure?

- Definition: Blood Pressure is the force of the blood against your arteries. The more force the higher your blood pressure is.

Systolic: The top number represents the contraction of the heart.

Diastolic: The bottom number represents the relaxation of the heart.

What number is more important?

- Both are important but from a cardiac standpoint the systolic or top number is more important

122/80

The higher this number the harder the heart is working when pumping blood from the heart to the body.

Importance of keeping BP controlled

- Sustained elevated blood pressure can affect the entire body.
- High blood pressure is often untraced because there are often no symptoms.
- Uncontrolled BP can lead to kidney failure, vision loss, heart attack, stroke and more

Stages of HTN and Contributing Factors:

- Normal BP Less than 120/80
- Elevated BP 120-129/less than 80
- Hypertension 1 130-139/ 80-89
- Hypertension 2 140/90
- Hypertensive Crisis 180 or higher / 120 or higher
- Age:
- Race
- Genetics
- Weight
- Lifestyle
- Smoking
- Alcohol consumption
- Sodium intake
- Potassium intake
- Stress
- Chronic conditions

Uncontrolled Blood Pressure

- Heart attack
- Strokes
- Aneurysm
- Kidney damage
- Eye damage
- Memory problems or Dementia

Prevention and Self Care

- Healthy diet (DASH- Dietary Approach to Stop Hypertension)
 - High fruit and vegetables, whole grains, and low dairy
- Stay hydrated
- Stay active
- No smoking
- Reduce alcohol
- Maintain healthy body weight

How to Monitor BP at home?

- Types of monitors
- Taking accurate blood measurements



CONCLUSION