

## Hypertension on the Loose: How to Help Our Patients

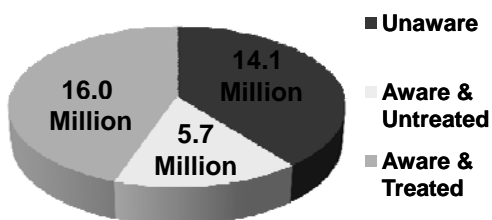
Satellite Conference and Live Webcast  
Wednesday, February 19, 2014  
10:00 a.m. – 12:00 p.m. Central Time

Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division

## Faculty

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## Uncontrolled Hypertension (Over 18 Years Old)



## Million Hearts

- **A – Appropriate Aspirin**
- **B – Blood Pressure Control**
  - Decrease Sodium Consumption
  - Self-monitoring
- **C – Cholesterol Control**
  - Trans fats
- **S – Smoking Cessation**

## The Silent Killer

- Blood pressure the silent killer
- Know your numbers
- Dying from CV event versus living through it and ending up disabled

## JNC7 Guidelines vs. JNC8 Recommendations

- JNC7 Guidelines defined
- JNC8 Recommendations:  
Do we implement them as guidelines?
- Is there really a difference between the two?

### Standardized Technique for Blood Pressure Measurements

- Does it really matter what technique I use?
- Seasoned nurses and potential for complacency
- Reporting blood pressure readings and how this affects decisions
- Cuff size matters

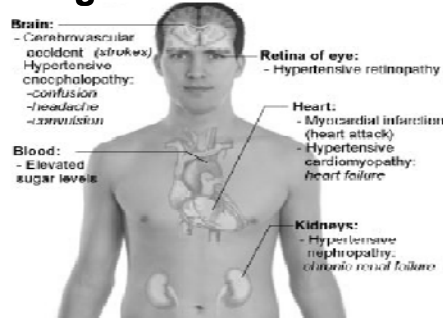
### Standardized Technique for Blood Pressure Measurements

- Validated blood pressure monitors
- Calibrating blood pressure monitors

### The Silent Killer: Not For All

- Ringing of ears
- Ringing of ears
- Ringing of ears

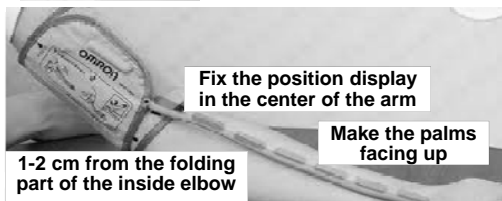
### Why Control High Blood Pressure?



### Blood Pressure Cuff Measurement



Length of Blood Pressure Cuff



### Recommended Cuff Sizes for Accurate Measurement of Blood Pressure

- |  |                         |
|--|-------------------------|
| • Patient: Adults (by arm circumference) | • Recommended cuff size |
| - 22 to 26 cm                            | 12 22 cm (small adult)  |
| - 27 to 34 cm                            | 16 30 cm (adult)        |
| - 35 to 44 cm                            | 16 36 cm (large adult)  |
| - 45 to 52 cm                            | 16 42 cm (adult thigh)  |

## Blood Pressure Monitors: How Do You Choose The Correct One?



## www.dableeducational.org

dabl® Educational Trust  
www.dableeducational.org  
\*Vignettes associated with self-measurement of blood pressure (SBPM)  
Upper Arm Devices for Self-Measurement of Blood Pressure

Device	Model	AAMI	BHS	ESH 2002	ESH 2010	Comments/Notes	Recommendation
A&D UA-511 (UK-779 Life Source)	Automatic		Pass			All risk, appropriate validation	Recommended
A&D UA-504	Man		Pass			ECG/ECG limited	Questionable
A&D UA-706	Man		Pass			All risk	Recommended
A&D UA-747	Man		Pass			At risk, not high BP	Recommended
A&D UA-774	Man		Pass			At risk, table incomplete	Recommended
Colson (K-325)	Man		Pass			All risk, appropriate validation, simultaneous readings	Questionable
Colson (K-326)	Man		Pass			Children Only, All risk protocol adaptation, (no general validation)	Recommended
Colson (K-327)	Man		Pass			Minor requirement modification	Recommended
A&D UA-852	Man		Pass			Drinking 220ml to 320ml coffee Cofined 220ml to 22 ml coffee	Recommended
A&D UA-820	Man		Pass			At risk	Recommended
Andon (K-325)	Automatic		Pass			All risk	Recommended
Colson (K-325)	Man		Pass			EU-2010 appropriate	Recommended
Andon (K-326)	Man		Pass			All risk	Not Recommended
Andon (K-327)	Man		Pass			All risk	Recommended
Andon (K-328)	Man		Pass			All risk	Recommended

## Before Taking Blood Pressure



## What Can I Do To Improve My Blood Pressure?

Modification	Recommendation	Approximate SBP Reduction Range
Weight Reduction	Maintain normal body weight (BMI=18.5-25)	5-20 mmHg/ 10 kg weight loss
*DASH Eating Plan	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	8-14 mmHg
Lower Sodium Intake	< 2,400 mg (1 teaspoon) of sodium/day	2-8 mmHg
Physical Activity	Regular aerobic exercise such as brisk walking at least 30 minutes most days of the week	4-10 mmHg
Moderate Alcohol	2 drinks/day for men (24 oz. beer, 10 oz. wine, or 3 oz. 80-proof whiskey) 1 drink/day for women	2-4 mmHg

\*DASH, Dietary Approaches to Stop Hypertension

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## Contact Information

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