



## Nursing Care Plan for Hypertension

Assessment	Diagnosis	Planing	Interventions	Rational	Evaluation
<p><b>Subjective Data:</b></p> <ul style="list-style-type: none"> <li>• Patient states, "I have headaches on and off, feel tired, and sometimes get dizzy."</li> <li>• Patient reports, "I don't exercise much, and I add a lot of salt to my food."</li> <li>• Family history includes hypertension and diabetes.</li> </ul> <p><b>Objective Data:</b></p> <ul style="list-style-type: none"> <li>• Blood pressure consistently above 160/100 mmHg.</li> <li>• Observed fatigue and mild dizziness during assessment.</li> </ul>	<p><b>Risk for Decreased Cardiac Output</b> related to increased vascular resistance due to elevated blood pressure as evidenced by persistent high BP readings, complaints of fatigue and dizziness.</p>	<p><b>Short-term goal:</b></p> <ul style="list-style-type: none"> <li>• Mrs. Malik will verbalize understanding of lifestyle changes required to control BP within 2 days.</li> <li>• Mrs. Malik's BP will reduce to below 150/90 mmHg within 2 days of starting antihypertensive treatment.</li> </ul> <p><b>Long-term goal:</b></p> <ul style="list-style-type: none"> <li>• Mrs. Malik will adopt a low-salt diet and daily exercise regimen within one week.</li> </ul>	<ul style="list-style-type: none"> <li>• Measure BP every 4 hours and before administering antihypertensive medication.</li> <li>• Give medications (e.g., ACE inhibitors, beta-blockers) as per the physician's order.</li> <li>• Teach Mrs. Malik about a low-sodium diet, providing a list of suitable food options and alternatives to salt for seasoning.</li> <li>• Recommend starting with daily 30-minute walks and gradually increasing activity as tolerated</li> <li>• Guide Mrs. Malik in relaxation techniques such as deep breathing exercises and meditation.</li> </ul>	<ul style="list-style-type: none"> <li>• Frequent monitoring helps evaluate treatment effectiveness and detect significant BP changes promptly.</li> <li>• These medications help lower BP by decreasing vascular resistance, reducing the heart's workload.</li> <li>• Reducing sodium intake helps lower BP, decreasing cardiovascular risk and potential complications.</li> <li>• Regular exercise helps to lower BP and improves cardiovascular health.</li> <li>• Reducing stress can decrease BP by calming the sympathetic nervous system, which reduces vascular resistance.</li> </ul>	<ul style="list-style-type: none"> <li>• Mrs. Malik's BP has reduced to below 130/90 mmHg within 8 hours.</li> <li>• Mrs. Malik has initiated a low-salt diet and daily exercise routine.</li> <li>• No new or worsening symptoms have been noted, indicating effective management of BP.</li> </ul>



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			<ul style="list-style-type: none"> <li>• Observe for symptoms like chest pain, palpitations, or shortness of breath and inform the healthcare provider of any findings.</li> <li>• Ask Mrs. Malik to describe her routine, diet, and any challenges in following her prescribed treatment.</li> </ul>	<ul style="list-style-type: none"> <li>• Early identification of cardiac symptoms is crucial in preventing severe complications related to hypertension.</li> <li>• Monitoring adherence ensures that Mrs. Malik is following treatment guidelines to effectively manage BP.</li> </ul>	

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