

ACTIVE LEARNING TEMPLATE: *Medication*

STUDENT NAME _____

MEDICATION Hypertension

REVIEW MODULE CHAPTER 36

CATEGORY CLASS _____

PURPOSE OF MEDICATION

Expected Pharmacological Action

- keep blood glucose within a recommended reference range.
- Maintain body mass index
- stress-management techniques during times of stress.

Therapeutic Use

- ECG evaluation of cardiac function. Tall R-waves are often seen with left-ventricular hypertrophy. Chest x-ray can show cardiomegaly.

Complications

- Hypertensive crisis when the client do not follow the medication regimen
- Headaches, particularly in the morning, Facial flushing, Dizziness, Fainting, Retinal changes, visual disturbances and Nocturia.

Medication Administration

- Diuretics
- Calcium-channel blockers
- Angiotensin-II receptor antagonists
- Beta blockers
- Central-alpha2 agonists
- Alpha-adrenergic Antagonists

Contraindications/Precautions

- adverse effects include sedation, orthostatic hypotension, and impotence

Nursing Interventions

- Recognize manifestations which include severe headache, high blood pressure
- Administer IV antihypertensive therapies, such as nitroprusside, nicardipine, and labetalol
- Assess neurological status
- Monitor the ECG to assess cardiac status

Interactions

- medications can cause fatigue, weakness, depression, and sexual dysfunction
- clients who are taking antihypertensive to change positions slowly, and to be careful when getting out of bed, driving, and climbing stairs until the medication's effects are fully known
- Discuss with the client factors that increase the risk of hypertension and how the client can manage them

Client Education

- Weight reduction and maintenance
- nutrition
- Smoking cessation
- Stress reduction

Evaluation of Medication Effectiveness

- reducing of weight and maintenance,
- ceasing of harmful behaviors like smoking that can lead to hypertension
- managing a stress free life
- embracing a healthy diet that provides all the nutrients necessary.