

Medical Management of Hypertension
Green River District School Health Program

Student: _____ Date of Birth: _____

Date: _____

School: _____

Physician(s): _____

Hypertension is defined as the consistent elevation of blood pressure beyond values considered to be the upper limits of normal. This is a chronic condition that leads to heart attacks or stroke. The exact cause of hypertension is unknown but appears to be a combination of factors. Those include heredity, diet, and exercise and weight control. Some also could be due to kidney disease, endocrine disorders or abnormality of blood vessels. Symptoms may include dizziness, heart palpitations, chest pain, headache, nose bleeds, changes in vision and weakness.

Treatment includes medication, weight control, salt restriction, regular exercise, stress management and avoiding alcohol and tobacco smoking.

Problem: Increased blood pressure

Goal: Maintain blood pressure at normal rate

Management:

1. Take prescribed medication as directed by physician.
2. Monitor side effects and report to physician.
3. Monitor and record blood pressure and heart rate.

Instructions from physician: _____

Side effects that are common with diuretic medication are irregular heartbeat, dehydration, nausea and vomiting, low blood pressure and/or slow heart rate.

This plan of care has been reviewed and approved by:

Physician Date

Acknowledged and received by:

Student's parent/guardian Date

School Nurse Date