

# **Hypertension Cheat Sheet**

by Michellephillipso2 via cheatography.com/214485/cs/46691/

#### What is it?

High blood pressure. It is a condition where the force of blood against the walls of the arteries is consistently too high. If left untreated, hypertension can lead to complications like a heart attack or failure, stroke, vision loss and kidney damage – all due to damage to the blood vessels.

Blood	pressure	RR =	120-	129/80-89	9

Grade	SBP (mmHg)	DBP (mmHg)
High-normal	130-139	85-89
Grade 1 (mild)	140-159	90-99
Grade 2 (moderate)	160-179	100-109
Grade 3 (severe)	180-209	110-119

#### Risk factors

Modifiable	Non-Modifiable	
↑ weight	Age >55 (M), >65 (F)	
↑ blood lipids	CKD	
↑ alcohol & smoking	Low socio-ec	
Metablic syndrome/dia- betes	Psycosocial stress	

↑ Na consumption

Low PA

Consider stress & any recent crisis

#### Complications Heart Enlarged heart Cardiac w/ thickened failure L.ventricle Vessels ↑ pressure, Stroke. turbulent blood dementia, TIA flow, plaque Kidney Poor regulation CKD, microaof salt-retaining Ibuminuria, hormones proteinuria

## Complications (cont)

Eyes Papilledema = ↑ pressure in eye causing swelling of optic discs

#### Medications that affect BP

HRT (hormone replacement therapy)

OCP (oral contraception pill)

Corticosteroids

MAOIs (Monoamine Oxidase Inhibitors – antidepressant): can cause both hypertension and hypotension

NSAIDS (anti-inflammatory drugs) Eg.ibuprofen, Naproxen (Aleve), Diclofenac (Voltaren), Celecoxib (Celebrex)

#### Biochem

renal and electrolytes (microalbuminuria), glucose, lipid profiles, urine profile, TSH – use these to prioritise nutrition strategies

## Intervention

DASH/similar - wholefoods, plants, reduced sat fat etc

Overweight/obese = gradual weight loss

Reduced Na (max 2000-2300mg)

<120mg/100g for low salt

PA: 150min/week

<10 standard drinks/week & <4/day

## Strategies

Lower Na	Flavour enhancers:
swaps &	herbs, citrus, spices etc
recipes	
Educate: label	No added salt or salt
reading (Na)	reduced products

↓ deli meats, sausages, olives, gravy, sauces, chips, salted nuts/pretzels

Educate: Taste buds 4-6 weeks to adapt to a lower salt diet

## **Nut Reqs**

Fibre F: 25, M: 30g

K: 4,700mg/day (consider renal function)

Na: 1500-2300mg/day

# DASH (Dietary approach to stop hypertension)

 $\ \uparrow$  plant foods, whole grains,  $\ \downarrow$  red meat and sat fat

Na 2300mg/100mmol/day

Na 1500mg/65mmol/day - diabetes, CKD,

>51 years or African descent

p141 handbook

## Example PESS

Р	E
Excessive mineral intake (sodium)	Strong preference for salty foods
Excessive energy intake	Lack of knowledge on healthy/low Na food choices
Inadequate potassium intake	Lack of motivation
Food and nutrition related knowledge deficit	No previous nutrition education

## Consider

Renal function &	Daily stress level	
urine profile		
Any recent crisis?	Social support -	
	alcohol & smoking	

## Guidelines & References

#### Handbook p140

2014 evidence-based guideline for the management of high blood pressure in adults

2018 ESC/ESH Guidelines for the management of arterial hypertension

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Not published yet.

Last updated 11th July, 2025.

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