

**BITESIZED
TEACHING**



Problems with blood pressure (Hypo- or Hypertension)

Hypo / Hypertension

Hypotension is low blood pressure. Hypertension is high blood pressure.

- High blood pressure is considered to be 140/90mmHg or higher
- Ideal blood pressure is considered to be between 90/60mmHg and 120/80mmHg
- Low blood pressure is considered to be 90/60mmHg or lower



Signs and Symptoms of Hypotension

- Lightheadedness or dizziness
- Feeling sick
- Blurred vision
- Generally feeling weak
- Confusion
- Fainting

Signs and Symptoms of Hypertension

- Headache
- Blurred vision
- Dizziness
- Shortness of breath



Potential causes of Hypotension

- Pregnancy
- Heart problems
- Endocrine problems
- Dehydration
- Blood loss
- Septicemia (severe infection)
- Anaphylaxis (Severe allergic reaction)

Potential causes of Hypertension

- Age – the risk of developing high blood pressure increases with age
- Family history of high blood pressure
- Kidney disease
- High amount of salt in food
- Diabetes
- Being overweight or obese
- Regularly drinking large amounts of alcohol



Ward Based Management

- Look for signs of volume loss e.g dry lips, sunken eyes, skin turgor (rigidity of the skin, when it's slow to return to normal flat position when pinched), pale skin
- Always encourage the patient to get up slowly from lying or sitting to standing, as blood pressure can drop markedly at these times (called postural or orthostatic hypotension)
- Increase the amount of water you drink
- Regular Physical observations
 - ▶ Heart rate
 - ▶ Blood Pressure (both sitting and standing)
 - ▶ Temperature
 - ▶ Respiratory rate
- Call a doctor