



Hypertension Care Plan

Created in 1999.04
Reviewed in 2022.11
English version in 2022.11

Hypertension is a lifelong disorder and it's difficult to be cured. Poor control may lead to a lot of complications which may cause disability even death. For optimal control, long-term commitment to lifestyle modifications and pharmacologic therapy is required. Therefore, repeated patient education and counseling are important.

I · Definition of Hypertension:

According to the World Health Organization, the United States and the European Society of Cardiology and the National Joint Committee for the consensus needed to treat hypertension is a systolic blood pressure higher than 140mmHg and diastolic blood pressure higher than 90mmHg call it.

Follow the classification of World Health Organization:

Classify	Systolic pressure(mmHg)	Diastolic pressure(mmHg)
Normal	< 120	< 80
Prehypertension	120-139	80-90
Stage 1	140-159	90-99
Stage 2	160-179	100-109
Stage 3	≥ 180	≥ 110
Systolic blood pressure alone	≥ 140	< 90

II · What causes Hypertension?

- i. 90-95% are primary hypertension, causes by Genetics : family history
Environment:
 - a.Age: With the aging, the blood vessels 'elasticity becomes lower and not strengthens, which makes the heart work harder to pump blood fullness to the body.
 - b.Diet: Too much Sodium, fat, alcohol, potassium, calcium, magnesium, folic acid; less fiber.
 - c.Weight: Over weight, makes the heart work harder to pump blood fullness to the body.
 - d.Life Style: Smoke, tension, anxiety, stress, can make vasoconstriction and increase resistance of blood vessels.
- ii. Secondary hypertension: Such as diabetes, kidney disease, endocrine disorder, cardiovascular disease.

III · No obvious symptoms in early period or just a little discomfort, like headaches, dizziness, blur vision, shortness of breath, insomnia, tinnitus, nausea.

IV · When have the hypertension signs:

- i. Measure blood pressure at the same time in everyday; ask the physician to discuss.
- ii. Change lifestyle dietary control and physical exercise are good for help control hypertension which is mild stage.

V · What may occur when hypertension is not controlled well?

- i. Myocardium hypertrophy, cardiovascular disease and myocardial infarction.
- ii. Proteinuria, kidney injury and uremia.
- iii. Cerebral vascular accident (CVA), hemiplegia.
- iv. Conjunctive hemorrhage, visual problems and peripheral vascular occlusion.

VI · Daily life Management: lifestyle and diet modification are good to control hypertension.

- i. Diet: reduce sodium intake:
 - a. Boil the food
 - b. Choice onions, ginger, star anise, pepper, cinnamon, lemon, peanut and sesame to replace salt.
 - c. Add sweet and sour make food have more flavor, like: sugar, white vinegar, lemon, plum, apples, pineapples and tomatoes.
 - d. Cooling by smoked grill steamed, stewed, boiled and scalding.
 - e. Adhering to the principle of "three more" and "three less", three more: more fruits, more vegetables, more dietary fiber, three less: less salt, less fat, less oil, if there is high blood pressure combined with diabetes should be added "less sugar".

Food	Recommendation	Less or Avoid
Dairy products	low-fat , and no more than two cups(250cc) per day.	Cheese
Protein	1. meat, fish and eggs. (egg yolk no more than two per week) 2. legumes and legume products, like:tofu, soy bean milk, and dried bean curd. 3. peel the skin of meat.	1. Pickled 、 stewed, smoked food, like: ham, sausage, smoked chicken, braised dishes, fermented bean curd, fish floss 2 Canned food 3. Fast food, such as fried chicken, hamburgers, meat balls, and fish balls 4. Avoid fat meat, internal organs
Grain products	Rice,pasta	1. Bread, cakes, crackers and butter biscuits. 2. Noodles, instant noodles, rice noodles, green bean noodles
Oils	Vegetable oil such as soybean oil, corn oil	Butter, margarine, salad dressing, mayonnaise, lard
Vegetables	1.vegetables (seaweed, kelp, celery, carrots, are high in sodium content, recommend	1. Pickled vegetables, 2. Salted frozen vegetables. 3. Salted processed vegetable juice,

	eat less.) 2. vegetables juice without salt	and cans.
Fruits		1. Dried fruits, candied fruit, dehydrated fruits 2. Salted fruit cans and processed juice.
Other	1. low salt diet	1. MGS, bean sauce, chili sauce, sweet sauce, oyster sauce, black vinegar, ketchup and so on. 2. Chicken extract 3. Fried potato chips, popcorn, rice crackers. 4. Sports drinks, strong flavor tea coffee. 5. chili, pepper, curry powder, spices

ii. Reminder

a. Follow physician's directions, measure blood pressure before medication; do not change the dosage or discontinue medicines without consulting the physician, it will cause the unstable blood pressure.

b. Learn to measure blood pressure and record it, measure blood pressure at least once a day.

c. Regular visit your physician.

iii. Self-care recommendations:

a. Keep pleasant mood, avoid stress and have good sleep as you can.

b. Do gentle exercise, such as jogging, walking, at least 30 minutes and 3 times a week.

c. Stop exercising when feel chest pain, wheezing and facial flushing. Visit the physician immediately if the symptoms continued after rest.

d. Shower avoid over-heat water and less SPA.

e. Maintain normal weight, giving up smoke and alcohol.

f. Regular defecation, constipation will raise of blood pressure.

g. Do not stand for a long time after taking medication. Lie down and lift up the lower limb if have the symptoms of postural hypotension such as pale face, dizziness and quick pulse.

h. Rest and measure blood pressure immediately when the following symptoms occur: headache, dizziness, facial flushing, tinnitus, nausea. Visit the physician right away if the symptoms not relief.

i. Regular visit your physician.

j. Keep warm before go out when the weather is cold.

If you have any question or suggestion, please contact with us. We are happy to provide you services to you. Contact telephone number: MacKay Memorial Hospital: (02)25713760; Hsinchu MacKay Memorial Hospital: (03)5745098; Taitung MacKay Memorial Hospital: (089)310150 ext: 311. Time of consultant: 9:00 am~12:00 noon, 2:00 pm~5:00 pm Monday ~ Friday.

May God Bless You