



NURSING CARE PLAN FOR HYPERTENSION

Assessment

Subjective: «My head feels like it's pounding.» «I stopped my meds last week because I felt fine.»

Objective: BP 198/120 mmHg, HR 102 bpm, pale, restless, elevated creatinine level.

Diagnosis

Decreased Cardiac Output related to increased vascular resistance, as evidenced by elevated BP, headache, and anxiety.

Planning

Short-Term Goals:

- Patient's BP will drop to a safer level (<160/100 mmHg) within two hours of treatment.
- Patient will report decreased headache intensity after medication administration.

Long-Term Goals:

- Maintain BP within target range (<130/80 mmHg) after discharge.
- Demonstrate understanding of the importance of medication adherence.

Intervention

1. Monitor BP every 5–15 minutes until stable.
2. Administer prescribed IV antihypertensives as ordered.
3. Observe for chest pain, vision changes, or confusion.
4. Maintain calm environment and reduce sensory stimulation.
5. Educate patient on strict medication compliance before discharge.
6. Arrange follow-up with healthcare provider for medication review.

Evaluation

- BP reduced to 152/96 mmHg within two hours.
- Headache resolved; patient calm and responsive.
- Verbalized understanding of medication importance.
- **Goal met:** Stabilized BP and improved awareness to prevent recurrence.

