

Experiment no-01

Aim: To study the preparation & discussion of (SOAP) notes for Hypertension (HTN).

INTRODUCTION

HYPERTENSION: - It is also known as high blood Pressure (HBP); it is a long-term medical condition in which blood pressure in arteries is persistently elevated. Systolic blood pressure (SBP) will be more than or equal to 140mmHg, & Diastolic blood pressure (DBP) will be more than or similar to 90mmHg.

Types:-

Pre hypertension: SBP 120-139mmHg

DBP 80-89mmHg

Hypertension Stage I: SBP 140-159mmHg

DBP 90-99mmHg

Hypertension Stage II: SBP more or equal to the 160mmHg

DBP more or equal to the 100mmHg

Pregnancy-induced HTN: Because of increased production of hormones & enzymes during pregnancy.

ETIOLOGY

Primary HTN: it is an elevation in BP without an identified cause.

Secondary HTN: it is an elevation in BP with an exact cause. This type accounts for 5-10% of total cases.

Causes of Secondary HTN include:

- Congenital narrowing of the Aorta.
- Renal disease.
- Endocrine disorders like Cushing's syndrome.
- Sleep apnea.
- Medication like oral contraceptive Pills and NSAIDs.

- Cirrhosis of the Liver.

Risk Factor:

- Age: chance of CAD after 50 years of age.
- Alcohol, Smoking & DM.
- Excessive dietary intake of sodium.
- Gender.
- Obesity.
- Stress.
- Family history.
- Sedentary lifestyle.

PATHOPHYSIOLOGY

Four mechanisms maintain normal BP

- Symptomatic nervous system.
- Activities of vascular endothelium.
- Activities of the renal system.
- Activities of the endocrine system

SYMPTOMS

Sometimes, HBP does not cause any symptoms, so it is also called a Silent Killer disease. In some patients, the symptoms will develop as

- Severe Headache.
- Blurred vision.
- Dizziness.
- Nausea.
- Vomiting.
- Fatigue.
- Confusion epistaxis.
- Shortness of breath.
- Irregular heartbeat.

DIAGNOSIS

History collection & physical evaluation.

- Medical history of Diabetes mellitus.
- Complete blood count.
- Chest X-ray.
- ECG.

MANAGEMENT

Management of HTN is possible in two ways, which include

Pharmacological Therapy

In pharmacological therapy, various groups of drugs are used for the treatment of hypertension; collectively, these groups are called anti-hypertensive drugs, which include.

Diuretics: it help in Kidney to inhibit the sodium reabsorption in distal convoluted tubules, ascending limb & loop of Henle. e.g.: chlorothiazide.

Beta-blocker: it reduces the workload of the heart & blood vessels & causes the heart to beat slowly & with less force. e.g., atenolol, propranolol.

Alpha blocker: it causes peripheral vasodilation of blood vessels.

Vasodilator: it acts directly on muscles in the wall of arteries & prevents muscle tightening.

ACE Inhibitors: helpful to regulate BP include acupuncture, relaxation techniques & diversional therapies.

PROCEDURE

Procedure for SOAP Note on Hypertension

(A) Subjective

- Personal details: Name, age, sex, and patient's weight.
- Chief complaint
- Past medical history
- Social History

- Family history
- Medical history
- Allergies
- Review of system(symptom)

(B) Objective

- Whether any test or functional data are collected, they should be recorded along with subjective information for more analysis of the patient.

(C) Assessment

- Diagnosis of disease.
- Differential diagnosis.

(D) Plan

- Testing
- Medication prescribed.
- Psychoeducation if needed.

(E) Result:

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