

# Hypertension

## Goals:

- Reduce and maintain blood pressure within target range.
- Prevent cardiovascular complications.
- Educate the patient about lifestyle modifications.

## Interventions:

- **Medication Management:** Prescribe antihypertensive medications as needed. Monitor for effectiveness and side effects.
- **Lifestyle Changes:** Encourage a low-sodium diet, weight loss if overweight, and regular exercise.
- **Monitoring:** Teach the patient how to monitor blood pressure at home. Schedule regular blood pressure checks.
- **Patient Education:** Provide information about hypertension, its risks, and management strategies.

## Evaluation:

- **Blood Pressure Readings:** Review home and clinic blood pressure readings to assess control.
- **Lifestyle Adherence:** Monitor adherence to dietary and lifestyle changes. Offer support and resources for achieving goals.
- **Medication Adherence:** Evaluate patient's compliance with medication regimen and adjust as necessary.