

BACKGROUND

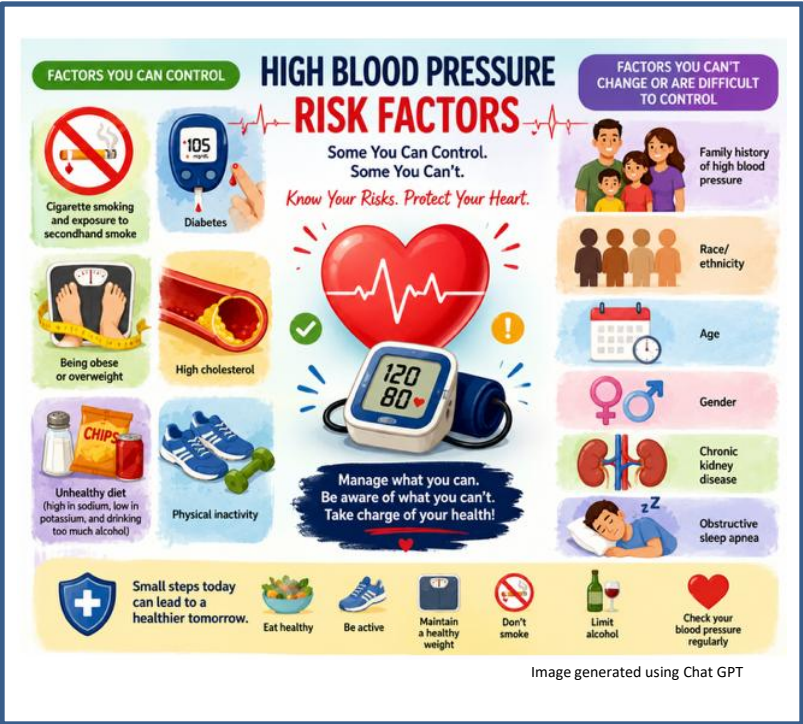
Hypertension is one of the most prevalent chronic health conditions worldwide, affecting nearly half of adults in the United States. Often referred to as the "Silent Killer," hypertension frequently presents without symptoms while causing progressive damage to the cardiovascular system, kidneys, brain, and other organs. Uncontrolled hypertension significantly increases the risk of heart attack, stroke, heart failure, chronic kidney disease, and premature death. Despite the availability of effective treatments, many individuals remain undiagnosed or fail to achieve adequate blood pressure control. Ambulatory care settings provide valuable opportunities for early identification, intervention, and ongoing management of hypertension through routine screening and patient education.

PURPOSE

The purpose of this educational poster is to increase awareness of hypertension and its impact on patient health while highlighting the important role ambulatory care nurses play in prevention, early detection, patient education, and disease management.

METHODS

A review of current evidence-based literature, national guidelines, and public health data related to hypertension was conducted. Sources included recommendations from the American Heart Association (AHA), Centers for Disease Control and Prevention (CDC), and peer reviewed nursing and medical journals. Information was collected regarding hypertension prevalence, risk factors, screening recommendations, complications, treatment strategies, and the role of ambulatory care nurses in patient education and disease management.



RESULTS

The literature review demonstrated that hypertension affects nearly half of U.S. adults and remains a leading risk factor for cardiovascular disease, stroke, kidney disease, and premature mortality. Evidence supports routine blood pressure screening, patient education, medication adherence, lifestyle modification, and ongoing follow-up as effective strategies for improving blood pressure control. Studies consistently identify ambulatory care nurses as essential members of the healthcare team, contributing to improved patient outcomes through early identification of elevated blood pressure, health coaching, self-management education, and coordination of care. The findings emphasize the importance of proactive, patient-centered interventions to reduce complications associated with uncontrolled hypertension.

CONCLUSIONS

Early identification and consistent management of hypertension can greatly reduce the risk of serious complications. Ambulatory Care nurses are uniquely positioned to improve hypertension outcomes through accurate blood pressure screening, patient education, lifestyle counseling, and medication support. By reinforcing evidence-based recommendations and encouraging patient to take an active role in their care, nurses can help improve blood pressure control and promote long-term cardiovascular health.

REFERENCES

