

BLOOD PRESSURE EDUCATION TOOLKIT
MODULE 1
CASE STUDY #1

Mr. Jones is 82 years old. His grey hair, thick glasses and jolly demeanor are carried well on his 5'6", 220 lb frame. He has difficulty controlling his adult onset diabetes and has smoked 2pks/day for 50 years.

After the recent loss of his brother from a heart attack Mr. Jones was no longer able to stay at home and agreed to admission to a long term care home. He has been a resident now for 1 week.

Through conversations with Mr. Jones, you learn his favorite activity is eating chips and drinking beer (~2-3 beer per day) while watching TV.

At the start of your shift you learn that Mr. Jones has had swollen feet over night and that his bedtime snack was a pepperoni pizza. The night staff report his blood pressure last evening was 167/84 on his left arm.

The day RPN communicates that Mr. Jones morning blood pressure remains high at 164/90. He is on daily blood pressure medication.

You note shortness of breath (SOB) when he moves. His face is flushed. His skin is cool and clammy, and he is complaining of a headache.

QUESTIONS

1. What abnormal signs & symptoms does Mr. Jones have?
2. Upon noticing these signs & symptoms what actions would you take?
3. What do you report to the registered staff?

