

TOPIC: IN SUPPORT OF EDUCATION AND AWARENESS OF THE NEW STANDARDS WHICH REDEFINE NORMAL, PRE-HYPERTENSIVE AND HYPERTENSIVE BLOOD PRESSURES

SUBMITTED BY: California Nursing Students' Association Board of Directors

AUTHOR: J. R. Fowler Jr. and Olivia M. Ramos

2 WHEREAS, "Right now about 50 million Americans have high blood pressure but
about one third (15 million) don't know it; (Mayo Clinic, high blood
pressure, 2003, pg. 1); and

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6 WHEREAS, "...(the) higher the blood pressure, the greater is the chance of heart
attack, heart failure, stroke, and kidney disease (Mayo Clinic, new normal,
2003, pg. 3); and

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10 WHEREAS, "...studies show that the risk of death from heart disease and stroke begins
to rise at blood pressures as low as 115 over 75, and that it doubles for
each 20 over 10 millimeters of mercury (mmHg) increase. So the harm
starts long before people get treatment: (NHLBI, new guidelines, 2003,
pg. 1); and

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16 WHEREAS, The new standards for blood pressure (BP) are defined as, Normal:
SBP/DBP <120/<80 mmHg, Prehypertension: SBP/DBP 120-139/80-90
mmHg, Stage 1 Hypertension: SBP/DBP 140-159/90-99, Stage 2
18 Hypertension: SBP \geq 160 or DBP \geq 100 mmHg. (JNC 7 Express, 2003,
table 1, pg. 3); and

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22 WHEREAS, "This is a wake-up call ...we now know that blood pressure in the
prehypertension range is not normal. There is increasing evidence of the
relationship between an elevated blood pressure and future problems with
24 heart attack and stroke. With each level of increase in pressure, you get
increased risk." (Mywebmd, new low for BP, 2003, pg. 1); and

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26 WHEREAS, "The relationship between Blood Pressure and risk of Cardio Vascular
28 Disease events is continuous, consistent and independent of other risk factors (JNC 7 Express, 2003, pg. 2); and

30 WHEREAS, "The classification 'prehypertension' ...signals the need for increased
32 education of health care professionals and the public to reduce BP levels and prevent the development of hypertension in the general population"
(JNC 7 Express, 2003, pg.3); and

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RESOLVED, that the National Student Nurses Association (NSNA) encourage that the
36 new BP guidelines be included in nursing curricula; and be it further

38 RESOLVED, that NSNA chapters seek opportunities in their communities to educate
40 healthcare workers and the public about the significance of the new BP guidelines; and be it further

42 RESOLVED, that health care professionals be aware of, know and use the new BP
44 guidelines to educate the public during health screenings and other teaching opportunities; and be it further

46 RESOLVED, that NSNA publish articles in *Imprint* regarding the new blood pressure
standards; and be it further

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RESOLVED, that copies of this resolution be sent to the American Nurses Association,
50 American Association of Colleges of Nursing, American Organization of Nurse Executives, National Organization for Associate Degree Nursing,

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52 National League for Nursing, the American Heart Association, the
American Public Health Association, the National Heart, Lung and Blood
54 Institute, the American Red Cross, the California Association of Colleges
of Nursing, the Association of California Nurse Leaders, and any others
56 deemed appropriate by the NSNA Board of Directors.