**Hypertension**

Name

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Course

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Date

**Hypertension**

As WHO explains, hypertension occurs when blood pressure is above the average pulse rate. The condition has severe impacts if not treated or controlled, especially for older people. The major causes of the disease include unhealthy diets, lack of physical exercise, and excessive alcohol consumption. As Mills et al. (2020) explain, over 30 % of the world’s adult population had hypertension in 2010. However, as the article explains, the increasing aged population and enhanced unhealthy lifestyles are increasing the prevalence of the disease. Therefore, there is a need to address the problem to ensure that it does not become a global threat owing to the factors stated above. Thus, this paper discusses if regular blood pressure checks at home for elderly persons can help control the disease.

**PICOT question**

In elderly persons with hypertension, does regular home blood pressure monitoring compared to monthly clinical checkups help control hypertension within three months?

**Population, intervention, outcome**

Hypertension can affect different types of people, but it is prevalent in older adults; thus, managing the disease is crucial. Thus, the elderly (65 years and above) with hypertension are the main population of focus in this research paper. According to Zhou et al. (2021), the number of males (30-79 years) with hypertension globally in 2019 was 32%, while women were 34%. Therefore, it is essential to provide simple and effective interventions that can help manage hypertension.

The primary intervention for the problem is regular home blood pressure monitoring. Krio (2021) explain that home blood pressure monitoring is one of the most influential and cheap ways to diagnose and manage hypertension. Mainly, the techniques entail patients having gadgets or equipment in their homes to regularly measure their blood pressure as instructed or guided by their practitioners. Doctors mostly encourage patients to take tests twice daily and make records. Through that, a patient can keep track of their blood pressure daily.

On the contrary, monthly blood pressure tests require patients to visit clinical facilities after a month to check their blood pressure levels. That means a person has to stay for a whole month without knowing their blood pressure level. The measure is risky since it would be challenging for people with the disease to understand if treatment or lifestyle modifications impact their pressure levels. Also, with monthly checkups, patients cannot be a part of their treatment plan since they will always depend on the doctor for assessments.

The anticipated outcomes of the intervention would be patients having the proper blood pressure levels. Since patients keep track of their pressure daily, they can consult their doctors often and adjust any factors affecting their blood pressure. Also, patients can easily modify any behaviors that they fill are affecting their blood pressure levels. Therefore, patients would be able to maintain the correct blood pressure.

**Facilitators and barriers**

The significant facilitators to implementing the proposal include telemonitoring and inflatable cuffs (Karam & Drawz, 2022). Through telemonitoring, a patient can assess their blood pressure through video calls with the doctor, while with inflatable cuffs, the patient does it by themselves and records the results. The significant barriers include a lack of knowledge of using the equipment and the cost of purchasing the equipment, particularly for low-income populations.

**Conclusion**

Hypertension has been a significant challenge for older adults. Unhealthy lifestyles and lack of exercise have been the major contributors to the disease. However, if aged people suffering from the condition keep a close track, they can ensure they keep the proper blood pressure and evade other diseases that arise from hypertension. Home blood pressure monitoring can help patients participate in their treatment plans and make judgments based on their daily health results. Through daily assessment, they can detect early signs of increased blood pressure and make the right choices with the help of their practitioners.

**References**

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