

SIGNIFICANCE:

The treatment of hypertension through health promoting, non-pharmacological methods may be sought by individuals looking for an improved quality of life. Lifestyle modifications for hypertensive patients can lead to a decrease in blood pressure, improved health habits, and possibly a decrease in the amount of medications taken.

NON-PHARMACOLOGICAL TECHNIQUES FOR HYPERTENSION MANAGEMENT

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DISCUSSION:

To further studies for the treatment of hypertension, researchers should explore the beneficial effects of physical activity and diet on systolic and diastolic blood pressure. There is currently research that supports these practices, but perhaps additional longitudinal studies could be conducted that discuss the costs of pharmacological treatments in comparison to non-pharmacological treatments. Researchers should also strive to establish more well-designed studies that eliminate extraneous variables in patient outcomes. In implementing these improvements, it is imperative that health care providers receive additional education on complementary and alternative medicines.

SEARCH STRATEGY:

When gathering research for our project, we utilized the following databases: MEDLINE, PubMed, Academic Search Premier, Cochrane Library, and CINAHL. The key words we used during our search included "hypertension," "stress management," "non-pharmacological," and "holistic approach." The articles chosen from the databases included a systematic review, a narrative review, single experimental studies, quasi-experimental studies, and a clinical guideline.

PICO QUESTION:

Among adults with hypertension, can nonpharmacological techniques be as effective as drug therapy alone to control and lower blood pressure?



REVIEW OF EVIDENCE:

- Hypertensive individuals can make lifestyle changes that lower BP, reduce medication usage, and improve lipid and blood glucose profiles (Ziv, A. et al. 2013). LOE II
- Yoga and yoga-like interventions are useful for lowering BP in patients (Tyagi, A. & Cohen, M. 2014). LOE V
- Salt reduction and yoga should be advocated for those who are not able to perform physical exercise that need to lower blood pressure (Subramanian, H. et al. 2011). LOE II
- Nursing-led empowerment therapy has the potential to improve the standard of care and the outcomes for hypertensive patients (Chang, A. 2012). LOE III
- Relaxation and lifestyle modifications have the potential to significantly reduce blood pressure and result in medication cessation (Dusek, J. et al. 2008). LOE II
- Regardless of whether a patient has a comorbidity, naturopathy and yoga are beneficial in lowering blood pressure (Murphy, S. et al. 2011). LOE III
- To successfully treat hypertension a holistic approach is necessary (DeSimone, E. & Crowe, A. 2009). LOE V
- Tai Chi has the potential to lower blood pressure in hypertensive patients (Lo, H. M. et al. 2012). LOE III
- Adherence and use of pharmacological treatments are important; however, nonpharmacological methods still have the potential to significantly improve blood pressure (James, P. 2014). LOE I

RECOMMENDATIONS:

- Nurse practitioners should incorporate non-pharmacological interventions in the treatment and management of hypertension to improve clinical outcomes.
 - Grade: A
- Nurses should utilize a holistic approach by addressing dietary needs, psychological needs, and physiological needs.
 - Grade: A
- For patients unable to participate in physical activity, nurses should encourage a reduction in salt intake and a balanced diet of whole grains, fruits, and vegetables.
 - Grade: A
- Nurses should teach patients to utilize relaxation techniques daily, such as breathing exercises and meditation to lower blood pressure.
 - Grade: B
- Nurses should encourage yoga practices when treating patients with hypertension.
 - Grade: B