**UNIVERSIDAD AUTONOMA DE CHIRIQUI**

**ENGLISH 120B**

**Medical Emergencies**

**BLOOD PRESSURE**

**INSTRUCTIONS: Go to the following site and answer the following questions:**

**Due: Friday September 15th.**

[**http://cmapspublic2.ihmc.us:80/servlet/SBReadResourceServlet?rid=1252433589392\_1200193708\_949&partName=htmltext**](http://cmapspublic2.ihmc.us:80/servlet/SBReadResourceServlet?rid=1252433589392_1200193708_949&partName=htmltext)

1. **Look through the PowerPoint Presentation and answer the following:**
2. Define high blood pressure
3. What do Blood Pressure Numbers Mean?
4. What are the optimal blood pressure numbers?
5. What are the normal blood pressure numbers?
6. What are the high normal blood pressure numbers?
7. What are some of the symptoms of high blood pressure?
8. What causes high blood pressure?
9. What are some controllable risk factors that cause high blood pressure?
10. What are some uncontrollable risk factors that cause high blood pressure?
11. What does High Blood Pressure do to my Body?
12. What Can I Do if I have high blood pressure?
13. What are the Ten Commandments for Blood Pressure Control?
14. What are some medications for high blood pressure?
15. Present the three blood pressure equipments in a mind map. Show the pros and cons.
16. **Watch the video under tools.**
17. What are the tools needed for taking a patient´s blood pressure?
18. **List the steps to taking a patient´s blood pressure?**