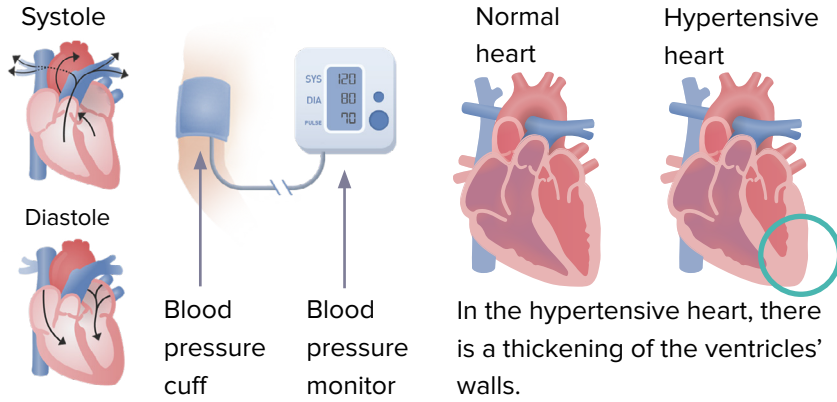


COMMON MEDICATIONS THAT LOWER BLOOD PRESSURE



Normal BP: Systolic < 120, diastolic < 80
Elevated BP: Systolic 120 – 129, diastolic < 80
Stage I HTN: Systolic 130 – 139, diastolic 80 – 89
Stage II HTN: Systolic > 140, diastolic > 90
Hypertensive crisis: Systolic > 180, diastolic > 120

Family/Drugs	Side Effects	Family/Drugs	Side Effects
Diuretics <ul style="list-style-type: none"> Hydrochlorothiazide Chlorthalidone Furosemide Torsemide Spirolactone 	<ul style="list-style-type: none"> Dizziness Headache Dehydration Muscle cramps Impotence 	Beta Blockers <ul style="list-style-type: none"> Atenolol Metoprolol Propranolol Timolol 	<ul style="list-style-type: none"> Lower heart rate Cold hands/feet Fatigue Weight gain Depression Shortness of breath Difficulty sleeping
Alpha II Agonists <ul style="list-style-type: none"> Clonidine Guanfacine 	<ul style="list-style-type: none"> Nausea Gastric upset Dry mouth Constipation Hypotension Depression 	Calcium Channel Blockers <ul style="list-style-type: none"> Amlodipine Diltiazem Verapamil 	<ul style="list-style-type: none"> Constipation Dizziness Palpitations Fatigue Nausea Rash Face flushing
Angiotensin II Receptors <ul style="list-style-type: none"> Losartan Valsartan 	<ul style="list-style-type: none"> Blurred vision Diff breathing Nausea/vomiting Numbness Irregular heart rate Stomach pain 	Alpha-Beta Blockers <ul style="list-style-type: none"> Carvedilol Labetalol 	<ul style="list-style-type: none"> Chest pain Dizziness/fainting Lightheadedness Legs edema Pain
Vasodilators <ul style="list-style-type: none"> Hydralazine Minoxidil 	<ul style="list-style-type: none"> Tachycardia Palpitations Edema Nausea/vomiting Headache Joint pain Excessive hair growth 	ACE Inhibitors <ul style="list-style-type: none"> Ramipril Enalapril Lisinopril Captopril 	<ul style="list-style-type: none"> Dry cough Hyperkalemia Fatigue Dizziness Headache Loss of taste

NURSING NOTE:

Non-pharmacological ways to lower blood pressure:

- Weight loss
- Sodium restriction
- Alcohol restriction
- Aerobic exercise
- Smoking cessation
- D.A.S.H. eating plan (diet approach to stop hypertension)

LEARNING TIP:

RAAS: Renin-Angiotensin-Aldosterone System. Antihypertensive drugs can activate the RAAS, counteracting its natural effect. This can be overcome with beta blockers, ACE inhibitors, and aldosterone antagonists.

NOTES

