

## Medical Surgical Nursing: Hypertension

**WebQuest Description:** This webquest is designed to assist nursing students in developing an awareness of Hypertension, also known as High Blood Pressure, the causes, symptoms, and treatment.

**Grade Level:** College / Adult

**Curriculum:** Health / PE

**Keywords:** hypertension, coronary heart disease, congestive heart failure, atherosclerosis, overweight or obesity.

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**WebQuest URL:** <http://zunal.com/webquest.php?w=86984>

### Introduction

The National Heart Lung and Blood Institute defines High Blood Pressure as a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure, and other health problems. "Blood pressure" is the force of blood pushing against the walls of the arteries as the heart pumps out blood. If the pressure rises and stays high over time, it can damage the body in many ways. About 1 in 3 adults in the United States has HBP. HBP itself usually has no symptoms. You can have it for years without knowing it. During this time, though, it can damage the heart, blood vessels, kidneys, and other parts of the body. There are two stages of Blood Pressure: Stage 1; Systolic 140-159; Diastolic 90-99. Stage 2 Systolic 160 or higher; Diastolic 10 or higher (NIH, 2010).

### Tasks

You will visit each website listed below and retrieve information on Hypertension/High Blood Pressure, probable causes, signs and symptoms, treatments, and the affect on the individuals who suffer from this disease process. Be prepared to take notes. Locate other sources of information and list: <http://www.lib.usf.edu>; [http://www.nhibi.nih.gov/health/dci/Diseases/Hbp/HBP\\_whatIs.html](http://www.nhibi.nih.gov/health/dci/Diseases/Hbp/HBP_whatIs.html); <http://www.heart.org/HEARTORG/conditions/HighBloodressure/>; <http://www.nlm.nih.gov/medlineplus/highbloodpressure.html>

### Process

Divide into groups of four and gather general information about Hypertension/High Blood Pressure. Each member of your group should gather information on a different are and then pool your knowledge into a power point presentation to be shared with the class. The main areas to be examined are: 1. What is Hypertension and what are the different conditions associated with this disease process? 2. What are the causes and can Hypertension be prevented? 3. What are the signs and symptoms of Hypertension? 4. How can Hypertension be treated, and is there a cure? Finally, each group will develop 12 question on Hypertension/High Blood Pressure consisting of: 1. 5 Multiple choice 2. 2 Fill in the blank items 3. 3 Multiple response items 4. 2 True and false items.

### Evaluation

Students will be assessed on their exploration, engagement, and participation on this WebQuest as follows: Task 1. Research and analysis 30% (see rubric below) Task 2. PowerPoint Presentation and content 40% Task 3. Development of test question 30%

Category and Score	Beginning 1	Developing 2	Very Good 3	Exemplary 4	Score
Definition of Hypertension/High Blood Pressure and the conditions associated with it.	Defines HTN/High Blood Pressure and briefly list conditions associated with it.	Defines HTN/High Blood Pressure and identifies conditions along with brief description of each.	Defines HTN/High Blood Pressure and conditions associated with it fully and completely.	Defines HTN/High Blood Pressure completely, plus proper sourcing of materials gathered.	50
Description of causes, signs and symptoms.	Lists a few possible causes, signs and symptoms.	Lists additional possible causes, signs and symptoms along with brief descriptions.	Lists most known possible causes, signs and symptoms along with full descriptions.	Lists most known possible causes, signs and symptoms along with full descriptions and proper sourcing of material gathered	50

Category and Score	Beginning 1	Developing 2	Very Good 3	Exemplary 4	Score
Power Point Presentation containing relevant information.	Copy/Paste information. Few or inadequate pictures. Poor or no animation.	PowerPoint presentation with long, boring texts. Not many pictures. Poor or no animation.	PowerPoint presentation showing a reasonable synthesis capacity. Adequate pictures. Creative, non-distracting animation.	PowerPoint presentation showing a good synthesis capacity. Original sound resources, creative, non-distracting animation.	50
Presentation of gathered information.	Reading from the slides with difficulty. Poor pronunciation and stress.	Slow and hesitating speech sometimes reading from papers or slides. Some specific vocabulary.	Free speech, not always natural and expressive. Appropriate vocabulary.	Very Fluent, free speech. Excellent pronunciation and stress.	50
				Total Score	

## Conclusion

By the end of this assignment you and you group should have a greater understanding of Hypertension; it causes; signs and symptoms, along with preventions, treatment, and possible cure. You will also know how Hypertension affects the individual who suffers from the disease, as well as their family members

## Teacher Page

Focus: This WebQuest is designed to inform nursing students about Hypertension, including the affects it has on the individual and their family members. This is a group activity to facilitate and develop the learners critical thinking skills. This WebQuest is a learning exercise in the use and navigation of the internet fro obtaining real, relevant, and current information from the World Wide Web. Objectives/Goals The student at the end of the exercise should have a good working knowledge of Hypertension/High Blood Pressure, and how it affects the individual and their family members. The student should be able to navigate and retrieve information for the World Wide Web.

### Standards

### Credits

### Other