Nurses Content
Downloaded from nursescontent.com

Home follow-up for hypertension Transition & follow-up

Community Health Nursing | Transition & follow-up

For educational purposes only.

Fictional educational example. Individualize using verified patient findings, authorized treatment and current local protocols. No real patient record or observed outcome is claimed.

Patient profile and history

58-year-old woman attending community follow-up. Care stage: During planning for the next care setting after the team confirms clinical readiness.

Medical history: Hypertension is established. Transport and refill costs have interrupted the prescribed regimen, creating a practical continuity-of-care problem. No known drug allergy is reported in this fictional interview; this does not replace medicine-by-medicine verification in real care.

Surgical history: No previous major operation is reported in this fictional interview. Confirm procedure details, complications and any relevant devices when applying the exercise.

Personal and family assessment: The patient wants to regain the usual level of independence. Review available support, daily activities, treatment access and preferred language rather than assuming these are the same for every person.

Scenario: The next care setting needs a clear handover and the patient or caregiver wants to know when to seek urgent review.

Clinical assessment

Subjective: Misses treatment when refills are difficult and wants a simpler routine.

Objective findings and required checks: Repeated blood pressure remains above the agreed target; access barriers are identified.

Physical examination and investigations: Review correct repeated measurements, medicine access, risk factors and prescribed renal/electrolyte monitoring.

Supply actual values, units, timing and trends during supervised application. Do not invent missing clinical data.

Clinical focus and pathophysiology

Home follow-up for hypertension: Persistent high arterial pressure increases long-term vascular risk; reliable follow-up supports control.

Nurses Content For educational purposes only. 1 / 8

Nurses Content
Downloaded from nursescontent.com

Medical / surgical management

Coordinate primary-care review, shared lifestyle goals and affordable medicine access.

Illustrative drug and treatment study

Medicine / treatment	Purpose	Nursing checks
Prescribed antihypertensive	Control blood pressure in the agreed regimen	Monitor pressure, postural symptoms and drug-specific effects
refill reconciliation	Prevent unintended interruption	Verify the current prescription.

Treatment examples are not a prescription. Verify the authorized product, dose, route, timing, contraindications and current local product information.

Nursing process - ADPIE

Assessment

Misses treatment when refills are difficult and wants a simpler routine. Repeated blood pressure remains above the agreed target; access barriers are identified. The next care setting needs a clear handover and the patient or caregiver wants to know when to seek urgent review.

Nursing diagnosis

Prioritize difficulty sustaining the agreed treatment plan; reduced circulation to vulnerable tissues; coping resources strained by illness or social stress; learning needs about the condition and care plan. Validate each concern against assessment. For an actual problem, link the problem, contributing factors and observed cues; for a risk problem, document the risk factors without invented symptoms.

Planning

Before any clinically approved transition: document a patient-specific baseline and measurable target. Agree short- and longer-term outcomes with the patient/caregiver; physiological safety takes priority over teaching and discharge tasks.

Implementation

Coordinate primary-care review, shared lifestyle goals and affordable medicine access. Check unresolved risks, medicine reconciliation, practical support and follow-up before transition. Document care, prescribed treatment, consent and escalation.

Evaluation

Compare reassessment with each stated outcome. Mark met, partly met or not met using observed evidence, document the review time and revise the plan. This

Nurses Content For educational purposes only. 2 / 8

Nurses Content
Downloaded from nursescontent.com

vignette provides no completed patient outcome.

Nurses Content For educational purposes only. 3 / 8

Nurses Content
Downloaded from nursescontent.com

Nursing care plan

Nursing diagnoses use original clinical problem wording. They are not the licensed NANDA-I classification. Verify any formal label or code against your institution's licensed current edition; select actual or risk diagnoses only when supported by assessment.

Context task: Check unresolved risks, medicine reconciliation, practical support and follow-up before transition.

Set individualized measurable targets and an exact review time. Select actual or risk statements only when supported by assessment.

Assessment: subjective / objective	Nursing diagnosis: original problem wording	Short- and longer-term goals	Nursing interventions with rationale	Evaluation
Ask: Ask about missed treatment, side effects, cost and beliefs without blame. Assess: Review the medication list, refill access and ability to follow instructions.	Difficulty sustaining the agreed treatment plan. Possible factors: treatment burden, access barriers or uncertainty. Validate against the patient's assessment.	Short-term: Before any clinically approved transition: Identifies one practical barrier and agrees on a feasible solution. Longer-term: Before the clinically approved transition or agreed follow-up: Has an affordable treatment and follow-up plan verified with the team.	1. Explore the reason for difficulty before suggesting solutions. Rationale: Different barriers require different responses. 2. Reconcile medicines and involve pharmacy or community services when needed. Rationale: A simpler, accurate plan can reduce avoidable errors. 3. Agree reminders, support and follow-up using shared decision-making. Rationale: Plans are more sustainable when they fit the person's circumstances. 4. Coordinate primary-care review, shared lifestyle goals and affordable medicine access. Rationale: Persistent high arterial pressure increases long-term vascular risk; reliable follow-up supports control. The condition-specific plan addresses the underlying problem while response is monitored.	Record the baseline and reassessed finding, the time and whether this goal is met, partly met or not met. If not met, reassess causes and revise or escalate. Do not record an unobserved improvement.
Ask: Ask about dizziness, chest discomfort, fatigue	Reduced circulation to vulnerable tissues. Possible	Short-term: Before any clinically approved transition: Circulation	1. Trend perfusion findings and escalate new chest pain, shock or altered consciousness immediately.	Record the baseline and reassessed

Nurses Content For educational purposes only. 4 / 8

Nurses Content
Downloaded from nursescontent.com

Assessment: subjective / objective	Nursing diagnosis: original problem wording	Short- and longer-term goals	Nursing interventions with rationale	Evaluation
and cold extremities. Assess: Assess consciousness, pulse, blood pressure, capillary refill and urine trend.	factors: altered blood flow or cardiac function. Validate against the patient's assessment.	and consciousness remain within the clinician-agreed targets. Longer-term: Before the clinically approved transition or agreed follow-up: Describes symptoms that require immediate review and the agreed follow-up plan.	Rationale: Poor circulation can rapidly threaten organ function. 2. Balance activity and rest and maintain the ordered monitoring schedule. Rationale: Reducing demand supports recovery while trends guide treatment. 3. Administer prescribed therapy and monitor effects and adverse reactions. Rationale: Response monitoring supports safe correction of the underlying problem.	finding, the time and whether this goal is met, partly met or not met. If not met, reassess causes and revise or escalate. Do not record an unobserved improvement.
Ask: Ask about stressors, strengths, support people and previous coping. Assess: Assess function, engagement and immediate safety needs.	Coping resources strained by illness or social stress. Possible factors: demands exceeding currently available support. Validate against the patient's assessment.	Short-term: Before any clinically approved transition: Chooses one feasible coping action and identifies a support person or service. Longer-term: Before the clinically approved transition or agreed follow-up: Has a realistic follow-up and support plan agreed with the care team.	1. Assess strengths and barriers collaboratively. Rationale: An individualized plan builds on resources the person can actually use. 2. Practice a simple coping strategy and divide tasks into achievable steps. Rationale: Small successes support confidence and participation. 3. Coordinate social, psychological or community support as indicated. Rationale: Practical barriers can limit recovery even when clinical treatment is available.	Record the baseline and reassessed finding, the time and whether this goal is met, partly met or not met. If not met, reassess causes and revise or escalate. Do not record an unobserved improvement.
Ask: Ask what the learner already knows and wants to understand. Assess: Use teach-back or demonstration to identify specific	Learning needs about the condition and care plan. Possible factors: new information, complex treatment or limited prior teaching.	Short-term: Before any clinically approved transition: Explains the most important immediate action in their own words. Longer-term: Before the clinically	1. Assess language, literacy, hearing, vision and preferred learning method. Rationale: Accessible teaching improves understanding. 2. Teach a few condition-specific points using plain language and demonstration. Rationale: Focused information is easier to retain	Record the baseline and reassessed finding, the time and whether this goal is met, partly met or not

Nurses Content For educational purposes only. 5 / 8

Nurses Content
Downloaded from nursescontent.com

Assessment: subjective / objective	Nursing diagnosis: original problem wording	Short- and longer-term goals	Nursing interventions with rationale	Evaluation
gaps.	Validate against the patient's assessment.	approved transition or agreed follow-up: Demonstrates the agreed care skills and names follow-up and warning signs.	and apply. 3. Use teach-back, correct misunderstandings and provide an accessible written plan. Rationale: Checking understanding supports safer self-management. 4. Teach home monitoring if appropriate, salt reduction, adherence strategies and scheduled review. Rationale: Condition-specific teaching connects the treatment plan to safe continuing care.	met. If not met, reassess causes and revise or escalate. Do not record an unobserved improvement.

Nurses Content For educational purposes only. 6 / 8

Nurses Content
Downloaded from nursescontent.com

Health education and continuing care

Teach home monitoring if appropriate, salt reduction, adherence strategies and scheduled review.

Transition only after clinical readiness is confirmed. Reconcile medicines, check access and caregiver support, and document who will review the patient and when.

Urgent warning signs

Chest pain, focal neurological symptoms, severe breathlessness or visual change needs urgent assessment.

Evaluation and conclusion

For each goal, document met, partly met or not met using observed evidence and the review time. Reassess and revise if progress is inadequate. Individual assessment, prioritized care and coordinated review guide this topic.

Quick Revision

- Persistent high arterial pressure increases long-term vascular risk; reliable follow-up supports control.

- Priority concerns: Difficulty sustaining the agreed treatment plan; Reduced circulation to vulnerable tissues; Coping resources strained by illness or social stress; Learning needs about the condition and care plan.

- Chest pain, focal neurological symptoms, severe breathlessness or visual change needs urgent assessment.

- Teach home monitoring if appropriate, salt reduction, adherence strategies and scheduled review.

Exam / viva: Which unresolved problem would delay transition, and what information must reach the next care team?

References

Nursing Fundamentals, 2e - Ernstmeyer & Christman (editors), Open RN / WisTech Open, 2024
https://wtcs.pressbooks.pub/nursingfundamentals/

Nursing Mental Health and Community Concepts, 2e - Open RN / WisTech Open, 2025
https://wtcs.pressbooks.pub/nursingmhcc/

Nursing Pharmacology, 2e - Ernstmeyer & Christman (editors), Open RN / WisTech Open, 2023
https://wtcs.pressbooks.pub/pharmacology2e/

B.Sc. Nursing curriculum and regulatory notifications - Indian Nursing Council
https://www.indiannursingcouncil.org/gazette-notification

Original cases and care-plan wording by Nurses Content. Linked sources support further study; source terms and local clinical requirements apply. Prepared 23 November 2026. Not independently clinically peer reviewed.

Nurses Content For educational purposes only. 7 / 8

Nurses Content
Downloaded from nursescontent.com

Rights and reuse

Delivered by Nurses Content. Copyright claims apply only to original material owned by its authors. Medical facts, statutory exceptions and third-party/open licence rights remain unaffected. See the website's /policies/reuse/ page for terms.

Nurses Content For educational purposes only. 8 / 8