

Scholarly paper



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Loosening the Grip of Hypertension By Anne Woods Article Analysis s

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By Anne Woods

Article Analysis

Hypertension is a serious issue in health matters that most individuals and medical experts become overly concerned with today. Unlike other health situations, hypertension attacks an individual from behind. It usually occurs without making the victim of the situation know about its attack. As noted, reports actually pertain to the fact that out of a 100 population of men and women aged 25 and above, at least 62 of them are already suffering of hypertension yet only 15% of these individuals actually know of their health situation. This is the main issue that is discussed within the health article of Anne Woods entitled Loosening the Grip of Hypertension. In this paper, a close understanding and analysis of the said article shall be handled in an aim of making the process of dealing with hypertension much easier and much effective for many individuals today.

Early studies believed that hypertension only occur among the old aged generation. However, the new researches in medicine actually note the possibility of even the young generation to incur hypertension issues as well. Without clear symptoms, it is best advised by healthcare workers today that prevention be a better applied matter of consideration among individuals' lifestyle and health habits as related to the process of improving one's health status towards becoming more ensured of being safe from hypertension attacks.

Overstressing from work is certainly a huge matter that greatly contributes to the process of building up matters that result to hypertension. Aside from

stress, a person's lifestyle imbalance could also result to unforeseen hypertension. Considerably, a person not having the right balance of work and recreation and is having too much of either of both could have the possibility of developing hypertension symptoms that may not be that easy to identify making early prevention much of a harder process to take into consideration.

For this particular matter, nursing aides and other medical staffs is encouraging public knowledge of the facts regarding the possible development of hypertension among local communities. Their understanding of the said matter could actually bring them to an educated realization of the steps that they must follow to avoid the patterns of living that lead to hypertension symptoms.

Anne Woods was able to create a list of possible tips of nursing care procedures that must be taken into consideration when caring for a patient who is under treatment for hypertension relief. It has been opted by the author that medical personnel attending to patients with hypertension issues be alert enough to keep track on the drug that the said patients are taking in and the progress that they are making during the recovery session. Their alertness and enthusiasm in keeping close contact and keeping an open communication about their health status shall indeed bring better results to the patients' recovery making the process of healing occur much easier.

It could be noted that throughout the article of Woods, she mentioned of the importance of prevention to the possible threats in health that might bring about the existence of hypertension in one and also the proper care procedures that could help any patient suffering from hypertension and stress issues affecting the physical health of the patient involved. Yes, with

the helpful tips that Woods provided, loosening from the tight grip of hypertension would be well possible.

Reference:

Anne Woodds. Loosening the Grip of Hypertension. Nursing 2004. Volue 34 Number 12.

Alves, L., et al.: " White Coat Hypertension and Nursing Care," Canadian Journal of Cardiovascular Nursing. 13(3): 29-34, Summer 2003.