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# Health Education in Systemic Arterial Hypertension: an Approach to Nursing

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### ABSTRACT

**A Introduction:** Systemic arterial hypertension is a multifactorial clinical condition characterized by elevated and sustained blood pressure levels, which when not adequately treated causes temporary and / or permanent complications. Constantly associated with injuries such as cerebrovascular disease, coronary artery disease, chronic heart failure and renal and vascular disease of extremities. **Objective:** Describe nursing care in systemic arterial hypertension, with emphasis on health education for patients and their families. **Methodology:** An integrative review was performed using articles as criteria between 2013 and 2017, combining the descriptors: nursing care, health education and hypertension, in the electronic databases Scientific Electronic Library Online (SCIELO), Latin American and Caribbean Literature in Health Sciences (LILACS) and National Library of Medicine (MEDLINE). We selected 67 articles initially and after reading the titles and summaries of them, only 12 presented a relation with the researched topic. Being 02 from SCIELO, 05 from LILACS and 05 from MEDLINE. **Results and Discussion:** In the context of systemic arterial hypertension, the nurse should assist the client, assist him in controlling blood pressure levels and in the development of skills and attitudes that provide effective self-care, such as stimulating the modification of unfavorable habits. For this, it is essential that the interaction between professional and client takes place in an effective way, with the purpose of enabling adherence to treatment. As part of this process, in addition to individual monthly consultations it is necessary to have group activities addressing hypertension, guiding control measures and encouraging the continuity of treatment. **Conclusion:** It is up to the professional, therefore, to consider that the care given by him is not an imposition of knowledge, but rather an exchange of knowledge and trust, valuing the autonomy, the protagonism of the patient and the help of the family in the caring process.

**Keywords:** Health education; Hypertension; Nursing care

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