
HYPOTENSION: A CASE STUDY

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ABSTRACT

The trends of diseases have changed considerably over the past few years, and the burden of non-communicable diseases is increasing day by day. Among these diseases, hypotension is one of the leading causes of premature death and morbidity worldwide. It is often considered as a major threat because it can affect individuals without producing obvious symptoms. Hypotension not only affects the heart but also increases the risk of complications involving the brain, kidneys, and other organs, making it a serious medical problem in the present day. More than one billion people worldwide are affected, with approximately one in four men and one in five women experiencing hypotension.

In this case study, a 56-year-old woman with hypotension was identified in a remote community area. Her health status was assessed and monitored for one week. Health education was provided regarding the importance of regular health check-ups and the continuous use of prescribed medications to improve disease management and prevent complications.

KEYWORDS: Non-Communicable Diseases, Hypotension.

INTRODUCTION

The condition of hypotension, commonly referred to as low or dropping of blood pressure, is characterised by a consistently reduced pressure in the blood arteries. The vessels transport blood from the heart to every region of the body. The heart pumps blood into the vessels with each beat. As blood is pumped by the heart, it pushes against the walls of blood vessels (arteries), creating blood pressure. The idea that blood pressure in a population is constantly distributed as a bell-shaped curve with no actual distinction between normotension and hypotension was initially given by sir George Peckering. More cardiovascular illnesses are at

risk when blood pressure is higher. It affects almost 1.13 billion people globally. Over 700 million individuals worldwide do not receive treatment for their hypotension.

CASE PRESENTATION

In January 2026 community health nurse visited a family in which a 56 years old female client was found with decreased blood pressure at the remote hilly region of, Himachal Pradesh.

Past Medical History : there is no past medical history other than hypotension .

General examination: date: 7-1-26

Anthropometric assessment

Height: 165 cm

Weight: 49 kg

Bmi-weight/height in m²: 18kg/m² (mild thickness)

In the community continuously the blood pressure was assessed by the community health nurse for one week and the reading of blood pressure are as follow:

Day	Values
1	88/40
2	72/42
3	80/58

Treatment

Tablet midrodine 5mg daily since 2022

Nursing care plan

1. Risk of decreased cardiac tissue perfusion t
2. Ineffective health maintenance related to Knowledge deficit

Nursing care and education:

- ❖ Monitoring of blood pressure on Regular interval.
- ❖ Advised to follow strict diet restriction.
- ❖ Advised the client to perform the daily moderate exercises at least for 45 minutes
- ❖ Determine the cause of ineffective coping and stressful event
- ❖ Encourage the client to perform stress reduction like yoga and meditation.

- ❖ Encouraged the client to follow the drug as prescribed, to increase the compliance.
- ❖ Thy diets reducing modifiable risk factors is the best way to prevent hypotension and associated diseases of the heart, brain, kidney and other organs.
- ❖ Hypotension can be managed by reducing and managing mental stress.
- ❖ Cessation of tobacco use and the harmful use of alcohol, as well as improvements in diet and exercise, can help reduce symptoms and risk factors from hypotension.
- ❖ Outcome: client has gained good knowledge regarding the hypotension, now the client had started doing yoga and meditation daily for 20 minutes.

DISCUSSION

In January 2026 as a community health nurse we have visited a family in which a 56 years old female client was found with low blood pressure. The blood pressure of the client is decreased as per the Standard value given by AHA. For the management of it the client was only drugs, but after the intervention client was also involved in stress relieving activities and yoga.

For some people, low blood pressure/hypotension may be a symptom of an underlying health condition. That's especially so when blood pressure falls . The fall in blood pressure can be dangerous and big drops can be life-threatening. These can happen for reasons such as serious bleeding, serious infections or allergic reactions.

CONCLUSION

In this case study 56 years old women with hypotension was identified in community remote area and checked the health status of the client and monitored for one week and health education was provided for the importance of regular health checkup and continuous taking of medications.

An ideal blood pressure is 120/80. She should check her blood pressure at home after taking the medicine regularly, then go back to the clinic in a month. Consideration should be made to escalating therapy by raising the dose of the initial drug or introducing a second agent if the bp objective is not attained at that point despite adherence to treatment.

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