Key Features:

The Hypertension Canada (formerly CHEP) Guidelines are the best resource for this topic and have been updated in 2017/2018. You can find details at www.guidelines.hypertension.ca or download the PDF:

✓ Hypertension Guidelines 2018

1. **Screen** for hypertension.

*What you should study:*
Adult: Screen all patients age 18 and over at all appropriate visits
If you want an article:

✓ Screening for high blood pressure in Canadian adults CFP 2013
✓ Hypertension screening in children and adolescents CMAJ 2016

2. **Use correct technique and equipment** to measure blood pressure.

*What you should study:*

✓ Hypertension 2020 - Putting the Guidelines into Practice HC 2017
or www.guidelines.hypertension.ca - see tab on Diagnosis & Assessment - Measuring Blood Pressure
✓ Hypertension 2020 - Mise en pratique du Guide HC 2017
3. Make the **diagnosis of hypertension** only after multiple BP readings (i.e., at different times and during different visits).

**What you should study:**

✓ **Hypertension 2020 - Putting the Guidelines into Practice HC 2017**  
  Slide 11 - Hypertension Diagnostic Algorithm and subsequent slides

4. In patients with an established diagnosis of hypertension, assess and re-evaluate periodically the overall **cardiovascular risk** and **end-organ complications**:

   a) Take an appropriate **history**.

   b) Do the appropriate **physical examination**.

   c) Arrange appropriate **laboratory investigations**.

**What you should study:**

✓ **Pretty complete OSCE type history checklist. But I would add questions to evaluate leg claudication and erectile function to be more complete**

✓ **Exam should include:**

   - Fundoscopy
   - Cognitive Assessment
   - Cardiac exam including auscultation for carotid bruits
   - Abdominal auscultation for renal bruits
   - Pedal pulses

✓ **Youtube Exam Videos:** Cardiac Exam and PVD Exam

✓ **Hypertension Canada’s 2018 Guidelines:** V. Investigations, VI. Assessment of CV risk

✓ **Risk calculator for “cardiac age”: [www.myhealthcheckup.com](http://www.myhealthcheckup.com)**

**Other risk calculators:** Framingham risk score, [www.score-canada.ca](http://www.score-canada.ca)
5. In **appropriate patients** with hypertension (e.g., young patients requiring multiple medications, patients with an abdominal bruit, patients with hypokalemia in the absence of diuretics):
   a) **Suspect secondary hypertension.**
   b) **Investigate** appropriately.

**What you should study:**
- Hypertension Canada’s 2018 Guidelines - VII and VIII Secondary Hypertension
- Secondary Hypertension - discovering the underlying cause AAFP 2017
- OSA Screening Patient Page JAMA 2017

6. Suggest individualized **lifestyle modifications** to patients with hypertension. (e.g., weight loss, exercise, limit alcohol consumption, dietary changes).

**What you should study:**
- What’s new in Hypertension 2017 - P. 4 Health Behaviour Recommendations
- La prévention des maladies chroniques MduQ 2015

7. In a patient diagnosed with hypertension, **treat the hypertension** with appropriate **pharmacologic therapy** (e.g., consider the patient’s age, concomitant disorders, other cardiovascular risk factors).

**What you should study:**
- Hypertension Canada’s 2018 Guidelines - Table 1
- What’s new in Hypertension 2017
8. Given a patient with the signs and symptoms of **hypertensive urgency** or **crisis**, make the **diagnosis and treat** promptly.

**What you should study:**

- ✓ Supplementary Table 3 - **Hypertensive Urgencies or Emergencies**
- ✓ Hypertensive Urgency Treatment RxFiles 2016
- ✓ Managing hypertensive emergencies in the ED
- ✓ Quand la pression monte MduQ 2015

9. In all patients diagnosed with hypertension, **assess response to treatment**, **medication compliance**, and **side effects** at follow-up visits.

**What you should study:**

- ✓ Hypertension - when it's difficult to treat PBSGL 2010  [www.members.fmpe.org](http://www.members.fmpe.org)

**Exam tip** – even though this Priority topic doesn’t specify, assume you should have to have an approach to hypertension in children, pregnant women, and the elderly

- ✓ Hypertension in children and adolescents AAFP 2012
- ✓ Hypertension Canada’s 2018 Guidelines Page 15 - Hypertension in Children
- ✓ Hypertensive disorders in Pregnancy AAFP 2016
- ✓ Hypertension in the elderly:

**If you like the AIM In the clinic articles:**

- ✓ Hypertension in the clinic AIM 2014