

Priority Topic: HYPERTENSION

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**:
- Take an appropriate **history**.
 - Do the appropriate **physical examination**.
 - 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**

Other risk calculators: Framingham risk score, 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**

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:**
<http://www.todaysgeriatricmedicine.com/archive/0315p6.shtml>

If you like the AIM In the clinic articles:

- ✓ **Hypertension in the clinic AIM 2014**

