

The Atlantic Provinces Medical Peer Review



Management of Specific Disease Entities – Cardiology #3 HYPERTENSION Cardiology/Family Medicine/Internal Medicine/Nephrology

It is important to note that these guidelines are meant to be of assistance to assessors in making observations. They should not be taken as standards of any of the Atlantic Provinces Licensing Authorities.

All patients with hypertension:

- ✓ blood pressure measured and recorded in all patients seen in office
- ✓ assess and manage patients' global CV risk (i.e. smoking, excess alcohol intake, exercise and weight reduction)
- ✓ encourage maintenance of diet low in salt & saturated fats; high in fresh fruits & vegetables (DASH diet)
- ✓ encouragement of non-pharmacologic R as an adjunct to - or independent of - drug therapy

Therapies:

- ✓ consideration of confounding variables (i.e. B blockers contraindicated in asthma; to be avoided in DM; not recommended for elderly
- ✓ avoid use of diuretics in patients with gout. ACE I use encouraged in DM & CHF)

Monitoring:

- ✓ side effects of medication, i.e. B blockers (bradycardia); ACE I and ARB's(renal function) and diuretics(renal function and lytes)

	N/A	E	S	D
There is evidence of treatment to targets and consistent long-term follow-up (BP monitoring; lifestyle issues)				
The appropriate therapies are being used.				
Regular monitoring and review of therapy and medications is evident.				

COMMENTS: _____
