

Hypertension

At the completion of the seminar the resident will be able to:

1. Describe the current guidelines for Screening and Diagnosis of hypertension including:
 - a. Who should be screened?
 - b. The essential elements of history, physical exam and technique for blood pressure measurement
 - c. The required investigation of suspected cases
 - d. The requirements and criteria for making a diagnosis of hypertension
 - e. The indicators of a hypertensive crisis
 - f. The indicators of end organ damage
 - g. The indicators and investigation of secondary hypertension

2. Describe the initial treatment of confirmed cases including:
 - a. Lifestyle modifications
 - b. Dietary recommendations
 - c. Sodium restriction goals
 - d. Weight reduction and when it is indicated
 - e. Exercise
 - f. Risk reduction e.g. quitting smoking, limiting alcohol intake, reducing stress
 - g. Pharmacotherapy
 - h. Initial drugs of choice for individualized therapy
 - i. Secondary drugs
 - j. Treatment of resistant cases and indications for combination therapy
 - k. The management of a hypertensive crisis
 - l. Patient education, especially, compliance with treatment

3. Describe the current guidelines for follow up of cases including:
 - a. Frequency of monitoring
 - b. Targets for treatment in different age groups such as low risk patients, diabetics, and those with renal failure.
 - c. Demonstrate the ability to access current guidelines and recommendations from the Canadian Hypertension Education Program (CHEP)

Feedback and suggested modifications for these objectives are encouraged after each session. Please direct your comments to your site Curriculum Coordinator.