



# HYPERTENSION PATIENT CARE CHECKLIST and FLOW SHEET



Based on the Guideline *Hypertension*. Web site: <http://www.health.gov.bc.ca/protoguides/index.html>



NAME OF PATIENT		GENDER <input type="checkbox"/> M <input type="checkbox"/> F		BIRTHDATE
COMORBID CONDITIONS <input type="checkbox"/> Cardiovascular <input type="checkbox"/> Kidney <input type="checkbox"/> Other: _____		REMINDERS • Explain the consequences of hypertension • Review medications & adverse effects • Quit Now by Phone toll free BC: 1 877 455-2233 • Refer to guideline & patient resource sheet • Set goals with patient: - weight loss & exercise - Avoid excessive alcohol - Smoking cessation plan - Salt intake & diet		PHN
Guidelines BP target: <input type="text"/>		DATE OF DIAGNOSIS		

140/90 Hypertension 130/80 Diabetes 125/75 Kidney disease

		INITIAL REVIEW (BASELINE)	DATE (YY/MM/DD)			
<b>EVERY 3-6 MONTHS</b>	<b>BP &amp; SELF MANAGEMENT</b>					
	Blood Pressure →					
	Smoking: <input type="checkbox"/> Y <input type="checkbox"/> N packs/day:					
	Activity level (at least 30 mins, 5 days/wk)					
	Salt intake					
	Alcohol consumption					
	Weight (target):					
<b>MEDICATIONS/EFFECTS</b>	Diuretic (first choice):					
	Beta blocker					
	ACE/ARB					
	Combination					
	ASA (81 mg) > 10% CHD risk < 70 yrs					
	Other:					
<b>ANNUALLY OR AS APPROPRIATE</b>	<b>TESTS</b>					
	Height/Weight Calculated BMI (< 27)					
	Fasting glucose					
	Microalbumin (ACR) Every 2nd yr if BP < 160; Annually if > 160 systolic					
	Lipid ratio TC/HDL					
	LDL-C					
	Triglycerides					
	eGFR					
<b>RISK</b>	Ten-year coronary heart disease risk from risk chart (see over):	High risk: ≥ 20%, target TC/HDL 4 Moderate risk: < 20%, target TC/HDL 5				
<b>CLINICAL EVALUATION</b>	Consider end-organ damage – Eyes; Heart/Circulation; Kidneys:					
	VISIT 1		VISIT 2			
	VISIT 3		VISIT 4			

## 10-year Coronary Artery Disease Risk (Framingham)

♀ FEMALE	BP		TC/HDL	AGE 50-54	AGE 55-59	AGE 60-64
	Smoking	BP				
	<140	4	4	2	4	4
			5	3	5	5
			6	4	6	6
	140-159	4	4	3	5	5
			5	4	6	6
			6	5	8	8
	≥160	4	4	4	6	6
			5	5	8	8
			6	6	11	11
	<140	4	4	6	11	11
			5	8	14	14
			6	11	17	17
	140-159	4	4	8	14	14
			5	11	17	17
			6	14	22	22
	≥160	4	4	11	17	17
			5	14	22	22
			6	17	27	27

♂ MALE	BP		TC/HDL	AGE 50-54	AGE 55-59	AGE 60-64
	Smoking	BP				
	<140	4	4	6	10	12
			5	8	12	16
			6	10	16	20
	140-159	4	4	8	12	16
			5	10	16	20
			6	12	20	25
	≥160	4	4	16	16	20
			5	20	20	25
			6	25	25	>30
	<140	4	4	12	20	20
			5	16	25	25
			6	20	>30	>30
	140-159	4	4	16	25	25
			5	20	>30	>30
			6	25	>30	>30
	≥160	4	4	20	>30	>30
			5	25	>30	>30
			6	>30	>30	>30

TC/HDL: Total cholesterol (TC)/High density lipoprotein cholesterol (HDL-C) Systolic BP: Treated systolic blood pressure  
 Based on Genest J et al Recommendations for the management of dyslipidemia and the prevention of cardiovascular disease:  
 summary of the 2003 update. CMAJ 2003; 169:921-24