Primary Care Hypertension Update:

Opportunities to Improve Your Practice

Brag and Steal: What can I take back to my practice?

Prince Edward Family Health Team Heart Function Clinic

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Faculty/Presenter Disclosure

► Faculty: Mary Stever

Relationships with commercial interests: None

Potential for conflict(s) of interest: None

Initial Visit: Screening

- Medical/surgical history
- Lifestyle
 - Smoking
 - Alcohol
 - Sleep: Sleep Apnea
 - Diet
 - Stress
 - Weight
- Medication Reconciliation

- Vital signs
 - BP: sitting and standing
 - Apical Pulse
 - O2 Saturation
- Tests
 - Echo, Chest X-ray, ECG
 - Coronary angiogram, PFTs,Sleep study
- Labs
 - CBC, HA1C, BUN, Creatinine, electrolytes, Lipids, urinalysis

Return Visits: Blood Pressure Assessment

- Medication Reconciliation
- Titrate Medications
- Review labs/tests
 - Coronary Disease
 - Renal Failure
 - Hyperkalemia/Hypokalemia
 - Anemia
 - Sleep Apnea
- Assess patient
 - Fluid Overload/Dehydration
 - Ischemia
 - Hypertension/Hypotension
 - Arrhythmia

- Sitting and Standing Blood Pressure - Manual
 - Home Monitoring
 - BP Tru –Automated
 - 24 Hr Ambulatory Blood Pressure

Antihypertensive Therapy: Heart Failure

Target Heart Failure BP <140/90 Target Heart Failure + Diabetes Mellitus/Renal Failure/Cardiovascular disease BP <130/80

Heart Failure with Reduced Ejection Fraction

Initial

- Ace Inhibitor (ARB if ACE Inhibitor intolerance)
- Beta-Blocker
- Mineralcorticoid Receptor Antagonist

Second line

- Hydralazine
- Thiazide or Loop Diuretic

Heart Failure with <u>Preserved</u> Ejection Fraction

Initial

- Ace Inhibitor
- Beta-Blocker

Second Line

- Hydralazine
- Calcium Channel Blocker
- Thiazide or Loop Diuretic or Mineralcorticoid Receptor Antagonist
- ❖ Ace Inhibitor, ARB, Beta-Blocker are titrated to target doses used in clinical trials or maximum dose tolerated by patient

Heart Failure Education and Management

Group Education: Nurse/Pharmacist/Dietician

Lifestyle Management

- Low Sodium Diet
 - <2000 gm Sodium/day</p>
 - DASH Diet
- Alcohol Restriction
 - Abstinence Recommended
- Weight Reduction
 - Daily Weights
 - Dietician Consultation
- Physical Exercise
 - Physiotherapy
 - Cardiac Rehabilitation

Patient Adherence

- Once Daily Dosing
- Stagger/split Dosing
- Blister Packaging
- Medication Reconciliation each visit
- Phone Follow-up
- Pharmacist Consultation

Prince Edward County

