



4TH DAILY CARDIOLOGY
SYMPOSIUM

CONCISE, PRECISE, PRACTICAL

The Story in Whole! Comprehensive Assessment of Hypertensive Patients

Learning Objectives and Case vignette



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Learning Objectives

- What are the guideline recommendations for hypertension screening?
 - Who should be screened and at what intervals?
- How can we accurately define hypertension in a patient?
- What are the recommended devices and techniques for measuring blood pressure?
- What is the significance of out-of-office BP measurements in diagnosing hypertension?
- How are blood pressure readings categorized based on measurements taken in-office and out-of-office?

Learning Objectives (cntd)

- What are the essential tests to be conducted when hypertension diagnosis is confirmed?
- What are the optional tests for a patient diagnosed with hypertension, and under what circumstances should they be considered?
- When should a clinician suspect secondary causes for hypertension?
- What tests should be conducted to identify secondary causes of hypertension, and in what sequence should they be ordered?

Case vignette (cntd)

- 32 Y/O lady, G1P1L1 with an uncomplicated NVD 4 years ago
- PMH: unremarkable
- Came to you due to some high BP readings at home during the past few week ranging from 140-150/80-90 mmHg
- She's asymptomatic in her routine activities, she does not drink or smoke
- DH: unremarkable except OCP for contraception
- Ph/E:
 - BP: right hand: 145/86 mmHg, left hand: 148/91 mmHg, HR: 74bpm
 - BMI: 33, Heart and Lungs: NL, no other significant finding

Case vignette (cntd)

- Recent Lab:
 - FPG: 83 mg/dL, HbA1c: 5.1%
 - TC=187 mg/dL, LDL=105 mg/dL, HDL= 54 mg/dL, TG= 140 mg/dL
 - CBC and LFT: NL
 - Cr: 0.9 mg/dL, Na: 143 mEq/L, K: 3.8 mEq/L

What is your approach to the assessment of HTN in this patient?

Thank you for your attention



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