



4TH DAILY CARDIOLOGY
SYMPOSIUM

CONCISE, PRECISE, PRACTICAL

The Story in Length!

Management of Chronic Hypertension

Learning Objectives and Case vignette



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Learning Objectives

- What is the significance of non-pharmacologic interventions in managing hypertension?
- What are these non-pharmacologic interventions?
- How effective are these non-pharmacologic interventions in controlling hypertension?
- What is the process for recommending and implementing non-pharmacologic measures for patients with hypertension?
- How successful are patients generally in adhering to non-pharmacologic measures?

Learning Objectives (cntd)

- When is it appropriate to start medication for patients diagnosed with hypertension?
- What factors should be considered when choosing medications for treating hypertension?
- When should treatment start with a single medication and when should it start with two?
- How should we decide between different classes of hypertension medications?
- How should we choose between different molecules within a class of hypertension medications?

Learning Objectives (cntd)

- What is the recommended approach to augmenting medications: maximizing one medication or adding another?
- Which is more advisable: dividing medications or using single pill combinations?
- At what point in the treatment should a patient be classified as resistant to hypertension treatment?
- What additional evaluations should be conducted for patients with resistant hypertension?

Learning Objectives (cntd)

- What is the recommended treatment approach for patients with resistant hypertension?
- What are the target blood pressure levels for different populations?
- When should the tapering or discontinuation of medication be considered in patients with hypertension?
- What is the approach for monitoring patients and doing lab tests to identify potential side effects and adjust dosages accordingly?

Case vignette

- 75 Y/O gentleman, with Hx. of HTN and CABG 20 years ago
- The patient lives independently, came to you for follow-up as he has just moved to your city
- He remains asymptomatic in his routine activities
- Current Medications:
 - ASA 80mg Daily
 - Atorvastatin 40mg Daily
 - Bisoprolol 2.5mg Daily
 - Amlodipine 2.5mg BID
 - Losartan 25mg BID
 - Triamterene-H 1/2 Daily

Case vignette (cntd)

- Ph/E:
 - BP: right hand: 138/86 mmHg, left hand: 136/88 mmHg
 - HR: 71 bpm
 - BMI: 29
 - Heart and Lungs: NL, no other significant finding
- Recent Lab:
 - CBC and LFT: NL, Cr: 1.1 mg/dL, Na: 144 mEq/L, K: 3.7 mEq/L

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

Thank you for your attention



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