

# Hypertension Patient Care Sample Flow Sheet


Patient Name:	Gender:	Date of Birth:
Comorbid Conditions: <input type="checkbox"/> Cardiovascular <input type="checkbox"/> Kidney <input type="checkbox"/> Other:_____		PHN:
		Date of Diagnosis:
Reminders:	<ul style="list-style-type: none"> <li>• Explain the consequences of hypertension</li> <li>• Review medications and adverse effects</li> </ul>	<ul style="list-style-type: none"> <li>• Set goals with patient: weight loss &amp; exercise, avoid excessive alcohol, smoking cessation plan, salt intake &amp; diet</li> </ul>
Guidelines BP Target:	140/90 Hypertension	130/80 Diabetes
		125/75 Kidney disease


## ASSESSMENT

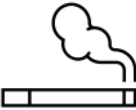
		DATE (YY/MM/DD)									
EVERY 3-6 MONTHS	BP AND SELF MANAGEMENT	INITIAL REVIEW (BASELINE)									
		Blood pressure									
		Smoking status Packs/day									
		Activity level (at least 30 mins, 5 days/wk)									
		Salt intake									
		Alcohol consumption									
ANNUALLY OR AS APPROPRIATE	TESTS	Weight (target)									
		MEDICATIONS/EFFECTS	Diuretic (first choice)								
			Beta blocker								
			ACE/ARB								
			Combination								
			ASA (81 mg) > 10% CHD risk <70 years								
Other											
ANNUALLY OR AS APPROPRIATE	TESTS	Height/Weight calculated BMI (<27)									
		Fasting glucose									
		Microalbumin (ACR) Every 2nd Yr if BP <160; Annually if BP >160 systolic									
		Lipid Ratio TC/HDL									
		LDL-C									
		Triglycerides									
ANNUALLY OR AS APPROPRIATE	TESTS	eGFR									
		RISK	Ten-year coronary heart disease risk from risk chart (see next page):	High risk: $\geq 20\%$ , target TC/HDL 4 Moderate risk: $< 20\%$ , target TC/HDL 5							
CLINICAL EVALUATION	Consider end-organ damage - Eyes; Heart/Circulation; Kidneys:										
	VISIT 1		VISIT 2								
	VISIT 3	VISIT 4									

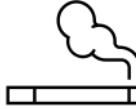


# Ten-Year Coronary Artery Disease Risk Chart

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

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

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

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