

Hypertension - Improved Detection, Diagnosis and Proactive Treatment (for Practice Nurses and Non-Medical Prescribers in Primary Care)

Friday 9th July

This training is aimed at experienced professionals who are looking for more in depth understanding of hypertension and its management.

Jackie, aged 52 years, has type2 diabetes. She submits home blood pressure measurements which average out as 140/88. Does she have hypertension? Is it stage 1,2 or 3? Does she need treatment with medication and if so what?

Does she have Primary or Secondary hypertension? How will you investigate?

140/88

Burt, aged 76 years, attends for a shingles vaccine and an opportunistic BP check records a best BP measurement of 196/118. Could he have severe stage 3 hypertension and how should this be managed?

196/118

Gary, aged 58 years, is on Rampril to treat hypertension. At annual review, his BP was above target, so his dose was increased to 10mg daily. One month on, he submits home BP readings which average out at 141/90. Is he at target? If not how will manage?

141/90

Chris takes Ramipril 10mg, Amlodipine 10mg and indapamide 2.5 mg. His best BP at an annual review is recorded as 178/100. Does he have resistant hypertension and how should this be managed?

178/100

This virtual session will address the above questions and much more. It is designed to promote proactive detection, diagnosis, and management of hypertension to target.

This session is delivered by Judith Magowan who is a nurse educator, NMP and the long-term condition lead at Okehampton Medical Centre where she set up a nurse-led hypertension clinic. Judith was a committee member of the NICE 2019 Hypertension Guidelines and is a current member of the NHS England working party on Hypertension.

Agenda

- Introduction
- Part 1: Detecting and investigating a raised blood pressure and assessing CV risk. Accurate diagnosis and initial management.
- Comfort break
- Part 2: Managing patients with hypertension. Annual review, personalised care and medication.