Translating guidelines into clinical practice:

Managing hypertension

CPD QUESTIONNAIRE

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Clinical questions

1. Of South Africans with hypertension, what percentage has poor BP control?

☐ **A** 60% ☐ **B** 75% ☐ **C** 90%

2. The SAHS recommends a universal BP treatment target of <140/90mmHg.

☐ **A** True ☐ **B** False

3. In elderly patients (>80 years), which BP target has been shown to be of benefit, particularly with regard to stroke reduction?

☐ **A** <140/80mmHg ☐ **B** <150/90mmHg

4. Lifestyle advice is recommended for:

☐ **A** Patients with hypertension without any risk factors, target organ disease or other complications
☐ **B** Patients with hypertension and risk factors for other comorbidities
☐ **C** A and B

5. First-line combination therapy is recommended when:

☐ **A** Initial BP is >160/90mmHg ☐ **B** The overall desired reduction is 10mmHg systolic and 5mmHg diastolic ☐ **C** A and B

6. Which of the following antihypertensives are contraindicated or need to be used with caution in pregnancy?

☐ **A** CCBs ☐ **B** ACE-Is/ARBs ☐ **C** Diuretics ☐ **D** All the above ☐ **E** B and C

7. Which statement about black hypertensive patients is false?

☐ **A** Poor response to ACE-I and β-blocker monotherapy ☐ **B** Poor response to ACE-I or β-blocker plus diuretic combination therapy
☐ **C** Amlodipine plus hydrochlorothiazide or perindopril is more effective than perindopril plus hydrochlorothiazide

Case Study questions

1. Which clinical test should be done before we consider special tests?

☐ **A** Measure BP in left arm only ☐ **B** Measure BP in both arms only
☐ **C** Measure BP at the wrist ☐ **D** Measure BP in both arms and one leg

2. With a provisional diagnosis of hypertension, how can we be certain that he has true hypertension?

☐ **A** Measure the BP once a day for three days ☐ **B** Gold standard confirmation test is a 24-hour ambulatory BP measurement
☐ **C** Home BP should never be undertaken as a confirmatory test
☐ **D** Multiple office measurements, home measurements for a week and 24-hour ambulatory BP are all possibilities for confirmatory tests
☐ **E** B and D ☐ **F** C and D

3. Which special tests would you now do?

☐ **A** Chest X-ray for cardiac size and electrocardiogram (ECG) for left ventricular hypertrophy
☐ **B** Urea, creatinine and electrolytes, and blood count
☐ **C** Lipogram and blood sugar (including HbA_{1c}) ☐ **D** Urine dipstick for proteinuria
☐ **E** All of the above ☐ **F** B, C and D

4. Which of the following are important lifestyle changes that may assist in BP control?

☐ **A** High saturated fat intake in the diet
☐ **B** DASH-type diet (rich in whole grains and low-fat foods) which includes salt reduction and increased vegetable and fruit intake
☐ **C** Reduction in all types of fat ☐ **D** Elimination of all types of carbohydrate from the diet
☐ **E** B and C ☐ **F** B and D

5. Which drug regimen would you prescribe?

☐ **A** Monotherapy, increasing to a maximum dose ☐ **B** Monotherapy with maximum dose to attain BP control within 6-9 months
☐ **C** Combination therapy with an ACE-I plus an ARB ☐ **D** Combination therapy with an ACE-I or ARB plus a CCB

6. During therapy and follow-up, when would you consider doing 24-hour ambulatory BP monitoring?

☐ **A** To evaluate the response to the prescribed drug therapy ☐ **B** When the ECG shows left ventricular hypertrophy
☐ **C** When control seems difficult to achieve, especially in obese and diabetic patients with hypertension
☐ **D** To exclude white-coat hypertension ☐ **E** All of the above ☐ **F** A and D only

7. What target BP should we aim for?

☐ **A** <120/75mmHg ☐ **B** <140/90mmHg for all as a first step ☐ **C** As close to 130/80mmHg for all
☐ **D** <130/80mmHg for all, including the elderly ☐ **E** B and C ☐ **F** B and D

8. What would you do if the BP on a two-drug combination remains above target?

☐ **A** Add a third drug to end up with three drugs: ACE-I/ARB + CCB + diuretic ☐ **B** Add an aldosterone antagonist (aldactone)
☐ **C** Start to think of a potential secondary cause for the hypertension ☐ **D** Question whether the patient is compliant?
☐ **E** All of the above ☐ **F** A and C only

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