

17. Hypertension

Hypertension				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<p>Knowledge and Education</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the holistic care of the patient with hypertension. • Demonstrate an understanding of cardiovascular anatomy and physiology. • Demonstrate an understanding of renal anatomy and physiology. • Demonstrate an understanding of the pathophysiology of hypertension. • Demonstrate an understanding of the normal values for blood pressure.²²⁷ • Demonstrate an understanding of the diagnostic criteria of hypertension.²²⁸ • Demonstrate an understanding of the stages of hypertension.²²⁹ • Demonstrate an understanding of severe hypertension and the need for urgent referral to specialist services.²³⁰ • Demonstrate an understanding of assessing cardiovascular disease risk.²³¹ • Demonstrate an understanding of carryout diagnostic testing for target organ damage²³², including but not limited to: <ul style="list-style-type: none"> ○ Fundoscopy. ○ Urine Albumin-creatinine ratio (ACR). ○ Urinalysis for haematuria. ○ Serum urea and electrolyte test. ○ ECG. • Demonstrate an understanding of the impact of hypertension on co-morbidities and how this may impact treatment, including but not limited to: <ul style="list-style-type: none"> ○ Diabetes Mellitus.²³³ ○ Chronic Kidney Disease.²³⁴ • Demonstrate an understanding of hypertension in pregnancy.²³⁵ 				

²²⁷ <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#measuring-blood-pressure>

²²⁸ <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#diagnosing-hypertension>

²²⁹ <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#stage-1-hypertension>

²³⁰ <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#identifying-who-to-refer-for-same-day-specialist-review>

²³¹ <https://www.nice.org.uk/guidance/cg181>

²³² <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#assessing-cardiovascular-risk-and-target-organ-damage>

²³³ <https://cks.nice.org.uk/topics/diabetes-type-2/management/management-adults/#cardiovascular-risk-factors>

²³⁴ <https://www.nice.org.uk/guidance/ng203/chapter/Recommendations#pharmacotherapy>

²³⁵ <https://www.nice.org.uk/guidance/ng133>

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<ul style="list-style-type: none"> • Demonstrate an understanding of the medicines used to treat hypertension, their mode of action, contraindications, and side effects.^{236 237} • Demonstrate an understanding of the impact of ethnicity on choice of treatment.²³⁸ • Demonstrate the impact of age and multimorbidity on the decision to start treatment. • Demonstrate an understanding of the diet and lifestyle measures used to support control of hypertension.²³⁹ • Demonstrate an understand of the monitoring required for the patient with hypertension.²⁴⁰ • Demonstrate an understanding of the limitations of devices used to measure blood pressure.²⁴¹ <p>Patient Care Under the supervision of a Registered Nurse</p> <p>Diagnosis:</p> <ul style="list-style-type: none"> • Be able to obtain accurate blood pressure readings using both manual and automatic devices.²⁴² • Be able to refer on for suitable ambulatory blood pressure test on identification of elevated in clinic reading, dependent on available local resource.²⁴³ • Be able to support and educate patient to take accurate home blood pressure readings where ambulatory blood pressure is not available, suitable, or acceptable. • Be able to perform appropriate testing to identify any end organ damage.²⁴⁴ • Be able to ensure the patent has had the opportunity to discuss their diagnosis with a Registered Nurse and that they have received appropriate education, support and resources where needed.²⁴⁵ • Be able to have a shared decision-making discussion with the patient about diet and lifestyle changes.²⁴⁶ <p>²⁴⁷</p>				

²³⁶ <https://bnf.nice.org.uk/treatment-summaries/hypertension/>

²³⁷ <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#treating-and-monitoring-hypertension>

²³⁸ <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#treating-and-monitoring-hypertension>

²³⁹ <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#treating-and-monitoring-hypertension>

²⁴⁰ <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#treating-and-monitoring-hypertension>

²⁴¹ <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#measuring-blood-pressure>

²⁴² <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#measuring-blood-pressure>

²⁴³ <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#diagnosing-hypertension>

²⁴⁴ <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#assessing-cardiovascular-risk-and-target-organ-damage>

²⁴⁵ <https://www.bhf.org.uk/informationsupport/risk-factors/high-blood-pressure>

²⁴⁶ <https://www.nice.org.uk/guidance/ng136/resources/how-do-i-control-my-blood-pressure-lifestyle-options-and-choice-of-medicines-patient-decision-aid-pdf-6899918221>

²⁴⁷ <https://www.nice.org.uk/guidance/ph49/chapter/Recommendations#recommendation-9-deliver-very-brief-brief-extended-brief-and-high-intensity-behaviour-change>

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<ul style="list-style-type: none"> Be able to discuss available, suitable medications with patient explaining mode of action and side effects and refer on to suitable prescribing clinician where appropriate.²⁴⁸ <p>At Review:</p> <ul style="list-style-type: none"> Be able to discuss and review patient's adherence to medications and support them to improve this.²⁴⁹ Be able to revisit diet and lifestyle changes to support improved management of hypertension. Be able to, on a discussion with a Registered Nurse, initiate monitoring tests needed to assess for target organ damage and those required for medication monitoring.^{250 251} Be able to discuss with patient where medication changes may be needed and refer on to appropriate prescribing clinician. Be able to identify when lying and standing blood pressure readings would be needed and take action as per local and national guidance.²⁵² Be able to support patients with white coat hypertension to provide home blood pressure readings being aware of the difference in diagnostic threshold.²⁵³ Be able to advise on suitable timeframe for follow up to ensure appropriate ongoing monitoring.²⁵⁴ Be able to ensure the patient has been given robust safety netting advice regarding signs of severe hypertension, and side effects to medication ^{255 256} by a suitable senior clinician. Be able to identify when patient complexity exceeds competence and refer on to suitable senior clinician. 				

²⁴⁸ <https://www.nice.org.uk/guidance/ng136/resources/visual-summary-pdf-6899919517>

²⁴⁹ <https://www.nice.org.uk/guidance/cg76>

²⁵⁰ <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#assessing-cardiovascular-risk-and-target-organ-damage>

²⁵¹ <https://bnf.nice.org.uk/treatment-summaries/hypertension/>

²⁵² <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#treating-and-monitoring-hypertension>

²⁵³ <https://cks.nice.org.uk/topics/hypertension/management/management/#basis-for-recommendation-84a>

²⁵⁴ <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#treating-and-monitoring-hypertension>

²⁵⁵ <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#identifying-who-to-refer-for-same-day-specialist-review>

²⁵⁶ <https://bnf.nice.org.uk/treatment-summaries/hypertension/>