

Hypertension				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
Tier 1				

<p><b>Knowledge and Education</b></p> <ul style="list-style-type: none"> <li>• Demonstrate an understanding of the holistic care of the patient with hypertension</li> <li>• Demonstrate an understanding of cardiovascular anatomy and physiology</li> <li>• Demonstrate an understanding of renal anatomy and physiology</li> <li>• Demonstrate an understanding of the pathophysiology of hypertension</li> <li>• Demonstrate an understanding of the normal values for blood pressure<sup>385</sup></li> <li>• Demonstrate an understanding of the diagnostic criteria of hypertension<sup>386</sup></li> <li>• Demonstrate an understanding of the stages of hypertension<sup>387</sup></li> </ul>				
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<sup>385</sup> <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#measuring-blood-pressure>

<sup>386</sup> <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#diagnosing-hypertension>

<sup>387</sup> <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#stage-1-hypertension>

<ul style="list-style-type: none"> <li>• Demonstrate an understanding of severe hypertension and the need for urgent referral to specialist services<sup>388</sup></li> <li>• Demonstrate an understanding of assessing cardiovascular disease risk<sup>389</sup></li> <li>• Demonstrate an understanding of the diet and lifestyle measures used to support control of hypertension<sup>390</sup></li> <li>• Demonstrate an understand of the monitoring required for the patient with hypertension<sup>391</sup></li> <li>• Demonstrate an understanding of the limitations of devices used to measure blood pressure<sup>392</sup></li> <li>•</li> </ul> <p><b>Patient Care</b></p> <p>Diagnosis:</p> <ul style="list-style-type: none"> <li>• Be able to obtain accurate blood pressure readings using both manual and automatic devices<sup>393</sup></li> <li>• Be able to refer on for suitable ambulatory blood pressure test on identification of elevated in clinic reading, dependent on available local resource<sup>394</sup></li> <li>• Be able to support and educate patient to take accurate home blood pressure readings where ambulatory blood pressure is not available, suitable, or acceptable</li> </ul>				
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<sup>388</sup> <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#identifying-who-to-refer-for-same-day-specialist-review>

<sup>389</sup> <https://www.nice.org.uk/guidance/cg181>

<sup>390</sup> <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#treating-and-monitoring-hypertension>

<sup>391</sup> <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#treating-and-monitoring-hypertension>

<sup>392</sup> <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#measuring-blood-pressure>

<sup>393</sup> <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#measuring-blood-pressure>

<sup>394</sup> <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#diagnosing-hypertension>

<ul style="list-style-type: none"> <li>• Be able to perform appropriate testing to identify any end organ damage<sup>395</sup></li> <li>• Be able to elicit patients understanding of hypertension at diagnosis and provide education, support and resources where needed<sup>396</sup></li> <li>• Be able to provide health promotion advice and have a shared decision-making discussion with the patient about diet and lifestyle changes <sup>397 398</sup></li> </ul> <p>At Review</p> <ul style="list-style-type: none"> <li>• Be able to assess patient's adherence to medications and support them to improve this<sup>399</sup>Be able to revisit health promotion advice around diet and lifestyle changes to support improved management of hypertension</li> <li>• Be able to initiate monitoring tests needed to assess for target organ damage and those required for medication monitoring<sup>400 401</sup></li> <li>• Be able to identify when lying and standing blood pressure readings would be needed and take action as per local and national guidance<sup>402</sup></li> </ul>				
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<sup>395</sup> <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#assessing-cardiovascular-risk-and-target-organ-damage>

<sup>396</sup> <https://www.bhf.org.uk/informationsupport/risk-factors/high-blood-pressure>

<sup>397</sup> <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>

<sup>398</sup> <https://www.nice.org.uk/guidance/ph49/chapter/Recommendations#recommendation-9-deliver-very-brief-brief-extended-brief-and-high-intensity-behaviour-change>

<sup>399</sup> <https://www.nice.org.uk/guidance/cg76>

<sup>400</sup> <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#assessing-cardiovascular-risk-and-target-organ-damage>

<sup>401</sup> <https://bnf.nice.org.uk/treatment-summaries/hypertension/>

<sup>402</sup> <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#treating-and-monitoring-hypertension>

<ul style="list-style-type: none"> <li>• Be able to support patients with white coat hypertension to provide home blood pressure readings being aware of the difference in diagnostic threshold<sup>403</sup></li> <li>• Be able to advise on suitable timeframe for follow up to ensure appropriate ongoing monitoring<sup>404</sup></li> <li>• Be able to provide patient with robust safety netting advice regarding signs of severe hypertension, and side effects to medication <sup>405 406</sup></li> <li>• Be able to identify when patient complexity exceeds competence and refer on to suitable senior clinician</li> </ul>				
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<sup>403</sup> <https://cks.nice.org.uk/topics/hypertension/management/management/#basis-for-recommendation-84a>

<sup>404</sup> <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#treating-and-monitoring-hypertension>

<sup>405</sup> <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#identifying-who-to-refer-for-same-day-specialist-review>

<sup>406</sup> <https://bnf.nice.org.uk/treatment-summaries/hypertension/>