

Hypertension				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
Tier 2				
Knowledge and Understanding <ul style="list-style-type: none"> • Demonstrate an understanding of assessing for target organ damage⁴⁰⁷, 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"> ○ Diabetes⁴⁰⁸ ○ Chronic Kidney Disease⁴⁰⁹ • Demonstrate an understanding of hypertension in pregnancy⁴¹⁰ 				

⁴⁰⁷ <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#assessing-cardiovascular-risk-and-target-organ-damage>

⁴⁰⁸ <https://cks.nice.org.uk/topics/diabetes-type-2/management/management-adults/#cardiovascular-risk-factors>

⁴⁰⁹ <https://www.nice.org.uk/guidance/ng203/chapter/Recommendations#pharmacotherapy>

⁴¹⁰ <https://www.nice.org.uk/guidance/ng133>

<ul style="list-style-type: none"> • Demonstrate an understanding of the medicines used to treat hypertension, their mode of action, contraindications, and side effects^{411 412} • Demonstrate an understanding of the impact of ethnicity on choice of treatment⁴¹³ • Demonstrate the impact of age and multi-morbidity on the decision to start treatment • Demonstrate an understanding of frailty/frailty syndromes and how they may impact on a patient’s hypertension and its management⁴¹⁴ <p>Patient Management</p> <ul style="list-style-type: none"> • At Diagnosis <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 appropriate⁴¹⁵ • At Review <ul style="list-style-type: none"> ○ Be able to address any issues around frailty/frailty syndromes that may impact on the control of the patient’s hypertension ⁴¹⁶ ○ Be able to discuss with patient where medication changes may be needed and refer on to appropriate prescribing clinician 				
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⁴¹¹ <https://bnf.nice.org.uk/treatment-summaries/hypertension/>

⁴¹² <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#treating-and-monitoring-hypertension>

⁴¹³ <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#treating-and-monitoring-hypertension>

⁴¹⁴ <https://www.england.nhs.uk/ourwork/clinical-policy/older-people/frailty/frailty-resources/>

⁴¹⁵ <https://www.nice.org.uk/guidance/ng136/resources/visual-summary-pdf-6899919517>

⁴¹⁶ <https://www.england.nhs.uk/ourwork/clinical-policy/older-people/frailty/frailty-resources/>