

Hypertension				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
Tier 3				
Patient Care <ul style="list-style-type: none"> • At Diagnosis <ul style="list-style-type: none"> ○ Be able to interpret ambulatory and home blood pressure readings to support diagnosis.³³ ○ Be able to have a shared decision-making discussion with the patient about the medication options available, explaining mode of action, potential side effects and impact of non-treatment.³⁴ • At Review <ul style="list-style-type: none"> ○ Be able to have a shared decision-making discussion with patients about medications changes, the risks and benefits, modes of action and side effects.^{35 36 37} ○ Be able to have a shared decision-making discussion with patient about any additional treatment needed to manage any target organ damage.³⁸ ○ Be able to recognise when patient complexity exceeds competence and refer on to suitable senior clinician. 				

³³ <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#diagnosing-hypertension>

³⁴ <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>

³⁵ <https://bnf.nice.org.uk/treatment-summaries/hypertension/>

³⁶ <https://www.nice.org.uk/guidance/ng136/resources/visual-summary-pdf-6899919517>

³⁷ <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>

³⁸ <https://www.nice.org.uk/guidance/ng136/chapter/recommendations#assessing-cardiovascular-risk-and-target-organ-damage>