

Hypertension Prevention

This is the third hyperlink at the top of AAA Home and represents the completion of SETMA's Preventive Health Initiative which includes:

- [The LESS Initiative](#)
- [Preventing Diabetes](#)
- Preventing Hypertension

The screenshot shows a medical software interface for Southeast Texas Medical Associates, L.L.C. Patient information includes: Jonny1, ZTest, Sex: M, Age: 69, DOB: 08/17/1940, Home Phone: (409)833-9797, Work Phone: (409)504-5566, and Patient's Code Status: Full Code. A red box highlights the 'Preventing Hypertension I' link in the navigation menu. Other navigation links include SETMA's LESS Initiative I, Preventing Diabetes I, Medical Home Coordination Needs Attention!, Charge Posting Tutorial, ICD-9 Code Tutorial, Home Care Recommendations, Master GP I, Nursing Home I, Ophthalmology, Pediatrics, Physical Therapy, Podiatry, Rheumatology, Daily Progress, Admission Orders I, Discharge I, Insulin Infusion, Colorectal Surgery, Pain Management I, Exercise I, CHF Exercise I, Diabetic Exercise I, Drug Interactions I, Smoking Cessation I, Hydration I, Nutrition I, Guidelines I, Lab Future I, Lab Results I, Disease Management, Acute Coronary Syn I, Angina I, Asthma, CHF I, Diabetes I, Headaches, Hypertension I, Lipids I, Cardiometabolic Risk Syndrome I, Weight Management I, Renal Failure, Diabetes Edu, Patient's Pharmacy (Bruce's Pharmacy), Pending Referrals I (table with 5 rows), Archived Referrals - Do not use for new referrals (empty table), and Chart Note (Return Info, Return Doc, Email, Telephone, Records Request, Transfer of Care Doc).

The Preventing Hypertension template is divided into four sections from top to bottom.

- Pre-hypertension
- Assessment as to whether this patient is pre-hypertensive with the patient's blood pressure
- Risk Factors for Developing hypertension and a list of ways which answer the question, "How can I reduce my risk?"
- Medications Causing Hypertension

Pre-hypertension - the first section

- This top section gives three important facts about pre-hypertension
 1. Definition
 2. Significance
 3. Lifetime risk of developing hypertension

Preventing Hypertension [Contributing Causes to Hypertension](#)

Pre-Hypertension

- Pre-hypertension is defined as systolic blood pressure between 121 and 139 or a diastolic between 80 and 89.
- Patients with pre-hypertension have a higher risk of hypertension in the future. Lifestyle modification is recommended for these patients. **However**, drug treatment for pre-hypertension is indicated only for those with diabetes mellitus or chronic renal disease.
- If you are 55 years of age and do not have hypertension, your lifetime risk of developing hypertension is 90% if you don't take steps to avoid it.

Is this patient pre-hypertensive? **Today's Blood Pressure** / mmHg

Yes No

Risk Factors for Developing Hypertension

- Diabetes
- Emotional Stress
- Heavy Alcohol Consumption
- Family History of Hypertension
- High Fat or High Salt Diet
- Male
- Middle-Aged or Older
- Oral Contraceptives (Birth Control)
- Overweight
- Post-Menopausal Female
- Race (African American)
- Sedentary Lifestyle
- Smoking

How Can I Reduce My Risk?

- If you are overweight, lose weight.
- Avoid heavy alcohol consumption.
- If you smoke, stop.
- Eat a heart healthy diet.
 - [DASH Diet](#) (Auto-Print)
 - DASH = Dietary Approaches to Stop Hypertension
 - Decrease your use of salt. [Low Sodium Diet](#) (Auto-Print)
- Exercise regularly.
- Learn to manage and reduce stress.

- To the right side and above this section, there is a hyperlink entitled, "**Contributing Causes to Hypertension**"

Preventing Hypertension

[Contributing Causes to Hypertension](#)

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Is this patient pre-hypertensive?
 Yes No

Today's Blood Pressure / mmHg

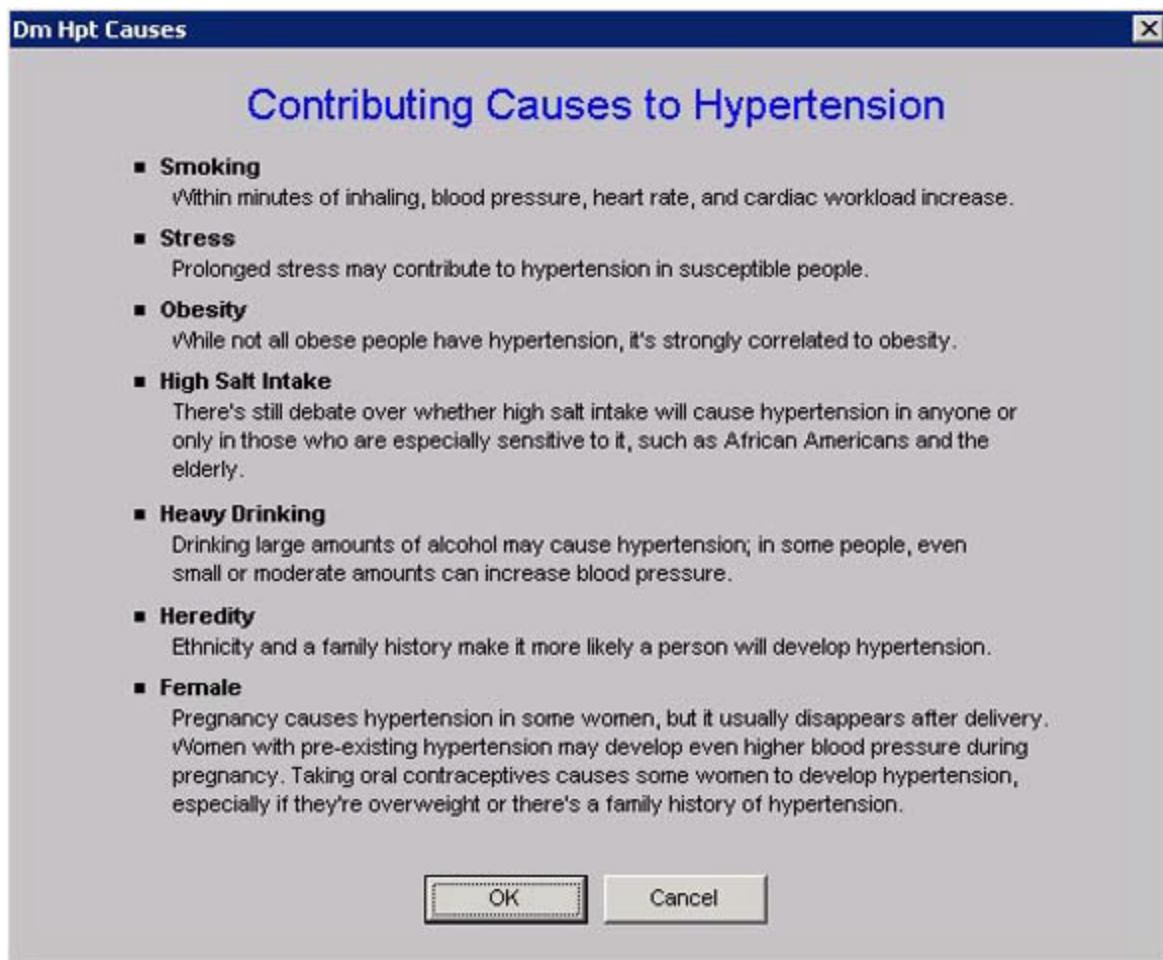
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1. When accessed this pop-up gives seven contributing causes to hypertension.
2. Knowledge of these is critical to the prevention of hypertension. They are:
 - a. Smoking
 - b. Stress
 - c. Obesity
 - d. High Salt Intake
 - e. Heavy Drinking
 - f. Heredity
 - g. Female Gender



3. These, along with additional details about each, print on the document generated by this template.

"Is This Patient Pre-hypertensive?" and the patient's blood pressure - the second section

- From the patient's measured blood pressure, the EMR automatically determines if the patient is pre-hypertensive
- That determination is noted on the template and on the chart note.

Preventing Hypertension

[Contributing Causes to Hypertension](#)

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[Medications Causing HPT](#)

[Return](#)

[Document](#)

Risk Factors for Developing hypertension and a list of ways which answer the question, "How can I reduce my risk?" - The third section

- There is a list of 13 risk factors for the development of hypertension
- To the right, there is a list of seven steps which can be taken to prevent hypertension
 1. Within these seven there are links to the **DASH** (Dietary Approach to Stop Hypertension) Diet materials and to the **Low Sodium** materials.
 2. These auto print when accessed and the fact that you have given the material to the patient appears on the document for Preventing Hypertension.
 3. It will be noted that three of the seven elements of preventing hypertension, are identical to three of the elements for preventing diabetes, which are **THE** three elements of the LESS Initiative: lose weight, exercise, stop smoking.

Preventing Hypertension

[Contributing Causes to Hypertension](#)

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[Medications Causing HPT](#)

Medications Causing Hypertension - the fourth section at the bottom

Preventing Hypertension

[Contributing Causes to Hypertension](#)

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[Medications Causing HPT](#)

- When assessed the pop-up which is launched by clicking on the button entitled "MedicationsCausing Hypertension".

- This list is of benefit if:
 1. A patient has a sudden increase in their blood pressure
 2. A patient has blood pressure which is difficult to control
 3. A patient is pre-hypertensive and steps are being taken to prevent the development of hypertension.
- When the box next to any of the medications is checked that medication will appear on the chart note under the heading "Medications Causing Hypertension."

Medications/Substances to Avoid

The following medications and substances may increase your blood pressure. Consult your physician before taking ANY of the following:

<input type="checkbox"/> Amphetamines <input type="checkbox"/> Antidepressants, including... <input type="checkbox"/> Elavil <input type="checkbox"/> Norpramin <input type="checkbox"/> Antihistamines, including... <input type="checkbox"/> Actifed <input type="checkbox"/> Benadryl <input type="checkbox"/> Tavist <input type="checkbox"/> Appetite Suppressants <input type="checkbox"/> Cocaine <input type="checkbox"/> Cold Medicines ("DM" medications are acceptable) <input type="checkbox"/> Corticosteroids, including... <input type="checkbox"/> Deltasone <input type="checkbox"/> Medrol <input type="checkbox"/> Cough Medicines <input type="checkbox"/> COX2-Inhibitors, including... <input type="checkbox"/> Celebrex <input type="checkbox"/> Vioxx <input type="checkbox"/> Cyclosporine, including... <input type="checkbox"/> Neoral <input type="checkbox"/> Sandimmune	<input type="checkbox"/> Decongestants (any "D" medications), including... <input type="checkbox"/> Diet Pills <input type="checkbox"/> Sudafed <input type="checkbox"/> Ecstasy <input type="checkbox"/> Erythropoietin, including... <input type="checkbox"/> Epogen <input type="checkbox"/> Procrit <input type="checkbox"/> Herbal Products, including... <input type="checkbox"/> Natural Licorice <input type="checkbox"/> Gingko Biloba <input type="checkbox"/> Hormones, including... <input type="checkbox"/> Birth Control Pills <input type="checkbox"/> Estrogen <input type="checkbox"/> Migraine Medications <input type="checkbox"/> Nonsteroidal Anti-Inflammatory Dugs (NSAIDs), including... <input type="checkbox"/> Advil <input type="checkbox"/> Motrin <input type="checkbox"/> Aleve <input type="checkbox"/> Orudis KT <input type="checkbox"/> Ibuprofen <input type="checkbox"/> Oral Contraceptives <input type="checkbox"/> Pain Relievers (Tylenol is acceptable) <input type="checkbox"/> Steroids
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Do not stop any blood pressure medications without consulting your physician!!

When this template and the note are completed, all elements of SETMA's Preventive Health Initiative have been completed. Congratulations, you can affirmatively, with proof, assert that you are giving excellent care to your patients.