

## Show Notes: Episode 1 In the clinic – Hypertension

### Questions discussed in the podcast:

Myles Tension is 161/97. How much would talking during measurement increase his BP?

- a) 3 mmHg
- b) 7 mmHg
- c) 12 mmHg
- d) 17 mmHg
- e) 21 mmHg

Measurement Variable	Mean Increase in BP
Talking During Measurement	17 mmHg
Inappropriate Cuff Size (too small)	8 mmHg
Arm Positioned below Heart Level	7-10 mmHg
Failure to Support Arm	2 mmHg

For Home BP readings, what is the considered hypertension?

- a)  $\geq 130/80$
- b)  $\geq 135/85$
- c)  $\geq 135/90$
- d)  $\geq 140/90$

Measurement technique	Cut off for Hypertension
Automated Office Blood Pressure	$\geq 135/85$
Office (Manual) Blood Pressure	$\geq 140/90$
Home Blood Pressure	$\geq 135/85$
Ambulatory (24 hr) Blood Pressure	$\geq 135/85$ (daytime average) $\geq 130/80$ (24 hour average)

### Some Interesting History

Early hypertension treatment study (1966): Propranolol given to 11 patients who had a mean Blood Pressure of 200/110 mmHg. The highest persons' average Blood pressure was 280 systolic and 125 diastolic. The study authors called these numbers "mild hypertension." Times change.

Reference: Paterson JW, Dollery CT. Effect of propranolol in mild hypertension. Lancet. 1966 Nov 26;2(7474):1148-50.

**Plan:**

1. Purchase a machine with Hypertension Canada endorsement
2. Take 2 readings every morning and evening for 7 days (28 readings in total). Discard first day readings and average the last 6 days.
3. You suggest the Patient Resources of Hypertension Canada for home monitoring techniques:
  - i. <https://guidelines.hypertension.ca/patient-resources/>
4. book follow-up in 2-3 weeks time to review.

**References:**

- 1) Hypertension: Practice Based Small Group Learning Program (FMPE). 2016 (Nov); 24 (13): 1-23.  
Hypertension Canada: <https://guidelines.hypertension.ca/diagnosis-assessment/> (accessed Feb 24, 2021)