CLINICAL APPROACH TO HYPERTENSION

DATE: Thursday, October 11, 2018

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*It is recommended that students read this article prior the in-class session


EDUCATIONAL OBJECTIVES

1. Define Hypertension (HTN)
2. List the classic symptoms of HTN
3. Describe the scope of the problem of HTN
4. Describe appropriate follow up for preHTN and stages I and II of HTN
5. Define the following terms:
   1. White coat HTN
   2. Essential HTN
   3. Secondary HTN
   4. Malignant HTN
   5. Pseudo HTN
   6. Isolated systolic HTN
   7. Resistant HTN
   8. Hypertensive crises
      1. Emergencies
      2. Urgencies
6. List major complications of HTN
7. List treatment options for HTN including: Diet/lifestyle/medication
8. List the benefits of HTN treatment