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HYPERTENSION MANAGEMENT PROGRAM
Fillable .pdf Flowsheet – Quick Reference

This flowsheet/form has been designed to link directly to patient and provider materials you can view/print 'on demand' during a clinical visit, along with fields to record visit information such as BP. Using your printer's 'booklet' printing function will make patient materials a one to two-page booklet folded in half.

Annotation callouts:

- Fields allow you to enter visit and patient information throughout the form

- "Medication Adherence" walks through treatments and tips

- 'What is BP /Hypertension?' is a resource to help patients understand their condition

- 'How to Take BP & Log' is a resource to guide BP home measurement and log the results

- Blue underlines show links to Patient Education like "Healthy Eating"

- "FR" indicates the link for the French language version of Patient Educational pamphlets

- Provider supports are linked including Treatment Guidelines and 'Assessing Motivation'

Hypertension Management Program—Visit Flowsheet

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Patient Information

- Chart #
- Last Name
- First Name
- Date of Birth: Year – 3-letter mo. – day
- Sex: ○ M ○ F
- Date of Visit: 2 0 __ – 3-letter mo. – day

Visit Notes:

Medical Dx & Hx

		Family HX
○ Elevated BP readings OR		☐
○ 1° Hypertension [FR]		☐
☐ Dyslipidemia		☐
☐ Diabetes		☐
☐ Kidney disease		☐
☐ Obesity		☐
☐ Coronary heart disease		☐
☐ Stroke or TIA		☐
☐ Depression		☐

1° hypertension was diagnosed (fill one)
○ ≥1yr ago ○ <1yr ago ○ Not yet

HTN Patient tools provided? ○ Y ○ N

BP monitoring type: [FR] ○ home ○ ambulatory

Referrals: ☐ HCP ☐ Community Resources

Next visit in ☐ ○ weeks ○ months

CV Risk Factors
(fill Y or N per row)

	Y	N	
Weight	○	○	[FR]
Physical activity	○	○	[FR]
Diet/Nutrition- Salt - DASH	○	○	[FR]
Smoking	○	○	[FR]
Alcohol intake	○	○	[FR]
Stress	○	○	[FR]

Patient Selected Lifestyle Goal (fill ONE)

Current assessment of CV risk factors

Physical Activity		min/wk (0 or more)
Smoking		Cigs/day (0 or more)
Alcohol		Drinks/wk (0 or more)

	Always	Often	Some-times	Never
High salt foods	○	○	○	○
DASH diet	○	○	○	○
Stressed	○	○	○	○

Patient view of selected lifestyle goal

○ Uninterested	○ Taking action
○ Thinking	○ Maintaining
○ Deciding	○ Relapsed

Current assessment of selected lifestyle goal (complete both)

How *important* is this lifestyle change to the patient? (1-10; 10=most) ☐

How *confident* is patient in carrying out the lifestyle change? (10=most) ☐

How often does patient miss taking his/her meds? ☐ /wk [FR]

Does patient take herbal remedies/ see traditional healer/naturopath? ○ Y ○ N

Adequate drug coverage? ○ Y ○ N

Medications

	Currently Rx'd	Side effects
Diuretic	☐	☐
ACE inhibitor	☐	☐
A-II receptor antagonist	☐	☐
Beta blocker	☐	☐
Calcium channel blocker	☐	☐
Other antihypertensive	☐	☐
Statin	☐	☐
Other lipid-lowering	☐	☐
Oral hypoglycemic	☐	☐
Insulin	☐	☐
ASA	☐	☐

Physical Exam

Automated Office Blood Pressure Monitor used? ○ Y ○ N

- SBP
- DBP
- Height: ○ cm ○ in.
- Weight: ○ Kg ○ lb.
- Waist: ○ cm ○ In.

Lab Work

Lipids—Review most recent values:
1—are they within the last 12 months?
2—are they within target range?

LDL	mmol/L (goal <2.0)
TC/HDL	Ratio (goal <4.0)
HDL	mmol/L (goal >1.0)
Triglycerides	mmol/L (goal <1.7)

A1C and FBS—Review most recent values:
1—is value(s) within the last 6 months for pts. with diabetes?
2—is value(s) within target range?

A1C __ % (goal <7.0%)
FBS __ mmol/L (goal 4-7)

eGFR and ACR—Review most recent values:
1—are values within the last 12 months for pts. with diabetes?
2—Does eGFR suggest normal kidney function?

eGFR __ mL/min (normal >90)
ACR __ mg/mmol (goal <2.0)

Review Medications with patient:
- Have side effects been reported?
- Single pill combination considered?
- Update prescriptions in the EMR chart

Hypertension Canada Treatment Guidelines

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Taking Your Blood Pressure

Getting ready
- Do not smoke or drink coffee, tea or cola (any drink containing caffeine) in the 60 minutes before
- Do not exercise in the 30 minutes before
- Do not measure your blood pressure when you are upset or in pain
- Be in a calm, warm environment
- Empty your bladder or bowel
- Sit quietly and calmly with your back against a firm surface and your arm supported on a table or firm surface at heart level for 5 minutes

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Patient's Readiness to Change Assessment Counselling Tips

Have your patient point out which pictogram best describes their readiness to change:

Not Interested in changing	Thinking about changing	Deciding to change	Action modifying behaviour	Maintaining new behaviour

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My Goal:
Healthy eating choices, follow the DASH eating plan

DASH (Dietary Approaches to Stop Hypertension) was originally a clinical study that tested the effects of nutrients in food on blood pressure (BP). Results showed that high BP could be lowered by an eating plan that emphasizes fruits, vegetables, low fat dairy foods and is low in saturated fat and cholesterol.

Impact on BP:
↓ 11.4/5.5 mmHg

Getting started:
- Start to add more fruits & vegetables to your daily diet.
- Consider drinking milk with meals instead of soda, alcohol or sweetened drinks.