



# Workflow WEDNESDAYS



## Topic: Hypertension

Click [HERE](#) to watch the recorded PS<sup>3</sup> Webinar

### Disease State Overview

- High blood pressure, or hypertension, is a condition where the pressure that blood applies to the inner walls of the arteries is too high when the heart is pumping.
- Defined as a sustained elevation in systemic arterial blood pressure.
- A diagnosis of high blood pressure requires 2 or more elevated readings on 2 or more occasions.

*The American Heart Association & the American College of Cardiology have established four blood pressure categories:*

Category	Systolic BP (Top #)	Diastolic BP (Bottom #)
Normal	<120 mmHg	<80 mmHg
Elevated	120-129 mmHg	<80 mmHg
Stage 1 Hypertension	130-139 mmHg	80-89 mmHg
Stage 2 Hypertension	≥140 mmHg	≥90 mmHg

*Blood Pressure Numbers can be relative to a patient's age plus the status of another disease.*

**Click [HERE](#) to access the complete Flip the Pharmacy Hypertension Progression utilizing all six domains**

### Risks of Condition

- Increased and sustained pressure on the arteries and blood vessels can lead to several complications.
- If High Blood Pressure is left untreated or stays too high it can lead to: Heart Attack, Stroke, Heart Failure, Kidney Disease or Failure, Vision Loss, Chest Pain, Peripheral Artery Disease, and Dizziness.

*(See [Page 2](#) for Medication Examples and Disease State Management)*



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### Signs & Symptoms of Hypo- and Hypertension

**High Blood Pressure (Hyper-)** : If a patient's blood pressure is >180/120mmHg and having chest pain, shortness of breath, changes in vision, difficulty speaking, etc. they should be advised to call 911.

**Low Blood Pressure (Hypo-)** : Signs that a patient's blood pressure is too low include dizziness, lightheadedness, and blurry vision. A reading of <90/60mmHg is typically considered low. This may indicate a medication related problem. The patient should contact their doctor to determine if medication therapy needs to be changed.

➔ *Tip: Review and share the OutcomesMTM Hypertension Education Guide with the patient and pharmacy team for reference. Click [here](#) to download the PDF resource.*

### Medication Examples

If lifestyle changes are not effective enough at lowering a patient's blood pressure, the doctor may prescribe medications to control blood pressure and reduce the risk of other health complications. Medication adherence is crucial to reach and maintain target blood pressure goals. Consider enrolling the patient in Med Sync and provide adherence packaging solutions to promote compliance.

Drug Class	Common Drug Names
Angiotensin converting enzyme inhibitors (ACEi)	Benazepril, Fosinopril, Lisinopril, Moexipril, Quinapril, Ramipril
Angiotensin II receptor antagonists (ARB)	Candesartan, Irbesartan, Losartan, Olmesartan, Telmisartan, Valsartan
Beta Blockers	Atenolol, Carvedilol, Metoprolol
Calcium Channel Blockers	Diltiazem, Verapamil, Amlodipine

➔ *Tip: ACE & ARBs are a targeted drug class tied to Part D adherence measures. Reference the Jan 2023 PS3 webinar [here](#) & one-pager [here](#) for more information on RASA PDC.*



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### [Links to Hypertension Resources](#)

- FtP Hypertension Change Package: Click [HERE](#)
- Hypertension Follow Up Guide: Click [HERE](#)
- Patient encounter documentation form: Click [HERE](#)
- FtP BP Clinical Practical Process: Click [HERE](#)
- FtP Hypertension Progression: Click [HERE](#)
- Pharmacy Reflection of Staffing Models: Click [HERE](#)
- CME Course, Measuring BP Accurately: Click [HERE](#)
- Patient BP Log: Click [HERE](#)



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