



The 10-minute consultation: hypertension

Rationale

The length of consultations varies, but the average length is 10 minutes. In addition, a new GP curriculum was introduced in the UK in 2007, with re-evaluation for practicing GPs; revalidation through continuing medical education is already the standard in other countries. *The 10-minute consultation* series of pocketbooks aim to develop clinicians' history-taking and clinical examination skills, as well as provide detailed information on the management options available in primary care, with emphasis on when to refer (and when not to refer) for specialist investigations and treatments. The pocketbook format is concise and portable, and key points are highlighted for quick reference, either as a memory aid or for day-to-day use on the clinical frontline.

The 10-minute consultation: hypertension

Hypertension is a major, but modifiable, risk factor for stroke, cardiovascular (CV) disease and other diseases (eg, renal disease and aortic aneurysm). It is important to assess the patient's risk before CV disease develops, and monitoring for persistently raised blood pressure is one aspect of CV risk assessment. Accurate diagnosis of the clinical signs and symptoms that can potentially cause CV disease are a key competency for GPs, and management of hypertension is, therefore, an essential part of health promotion by GPs.

The 10-minute consultation: hypertension will provide a holistic approach to the assessment and management of hypertension, outlining the principles for good technique in measuring blood pressure and stressing the importance of ongoing patient review and recall to ensure delivery of high-quality, evidence-based treatment.

Authorship

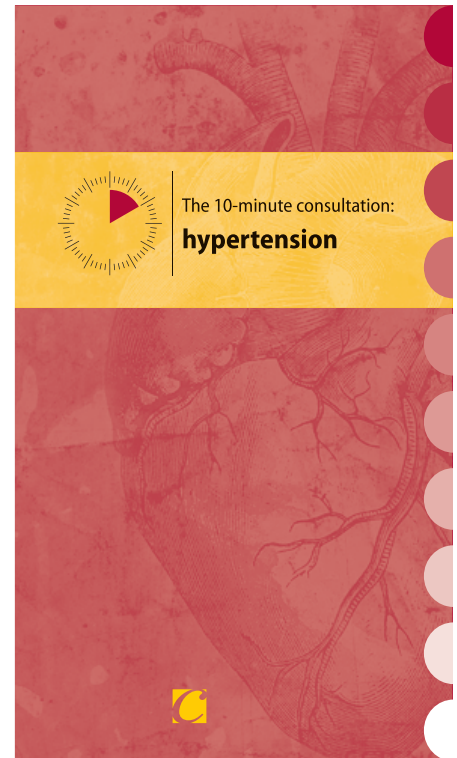
The 10-minute consultation author team is composed of GPs and specialist clinical reviewers who together ensure that the content of our books is authoritative and current. We work closely with an advisory board of GPs from the specialty of primary care and CV disease whose role is to ensure the accuracy, quality and integrity of the content. By using a team of experienced and highly regarded GPs from the CV disease specialty we aim to draw on their clinical experience within the field, closely reflecting the needs of the readers.

Summary

The 10-minute consultation: hypertension will provide clinicians with an invaluable source of information on hypertension in primary care and will highlight the most appropriate diagnostic and management options.

Key objectives for the reader:

- To understand that hypertension is associated with significant morbidity and mortality
- To understand the epidemiology and risk factors for development of hypertension
- To understand how hypertension can be identified in primary care, including which diagnostic tests are used and how the results are clinically interpreted
- To understand how CV risk is accurately stratified
- To improve the use of 24-hour ambulatory blood pressure monitoring
- To understand how to competently manage hypertension in primary care and promote a healthy lifestyle
- To understand the indications for specialist referral



Audience

- ✓ Medical students
- ✓ **Primary care:** GPs, Nurses, Pharmacists
- ✓ **Secondary care:** Nurse specialists, Junior doctors

Specification

International Editorial Advisory Board
Paperback: 96 pages (tbc)
Product dimensions: 110 x 190 mm
Binding: perfect bound
Colour: 4-colour cover; 4-colour text



Table of contents

1. Introduction

- How is hypertension classified?
- What are the principles of good techniques for measuring blood pressure?
- Which devices are used for measuring blood pressure?
- What is the rationale for the use of home 24-hour ambulatory blood pressure monitoring?

2. Who and what to test

- Screening
- What issues should the GP cover during the 10-minute consultation?
- Is the patient at high absolute risk of CV disease?

3. How to manage the patient with hypertension

- Who to treat?
- How to treat (primary and secondary prevention)?
- General lifestyle advice (eg, diet, salt, alcohol, caffeine, lipids, smoking, overweight and exercise)
- Blood pressure and hypertension
- How to treat isolated systolic hypertension?
- Comorbidity (eg, diabetes and nephropathy, angina, dyslipidaemia, metabolic syndrome and heart failure)

4. Person-centred care

- How to identify the patient's beliefs about hypertension and CV disease (their concerns and expectations)?
- What are the patient's cultural beliefs?
- How to recognise nonconcordance with primary prevention?
- Are any treatments particularly appropriate?

5. Applying the evidence

- What are the implications of the international best-practice guidelines for GPs?
- Selected landmark studies
- What are the GP prescribing options for tackling hypertension in primary care: a summary
- When to refer?

6. Review and recall

- What ongoing patient care, monitoring and follow-up are necessary?
- What role do the practice nurse and other key healthcare workers have in managing the patient?
- What is the role of IT?
- What is the role of the expert patient?

Further reading

Other titles in *The 10-minute consultation* series



and many more...

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