



## Nurses Hypertension Update Programme

### Learning Outcomes

#### Underpinning Principles

The BIHS Nurses Hypertension Update Programme aims to provide education for qualified nurses and pharmacists to improve the management of hypertension. Each educational event provides opportunities for participants to apply their knowledge to typical patient scenarios using interactive teaching techniques.

#### Requisite Knowledge and Experience

- Working in a healthcare setting managing patients with hypertension and/or who are at risk of cardiovascular disease
- Aware of the main recommendations contained in the current NICE & British Hypertension Society Guidelines for the management of Hypertension CG127

#### Core Learning Programme

Session	Learning Outcomes
<b>Patient Assessment &amp; NICE/BHS Guidelines</b>	<p>On successful completion of this session the healthcare professional will be able to:</p> <ul style="list-style-type: none"><li>• Understand and apply the evidence base for the NICE/BHS guidelines (CG127) for the initial evaluation of a patient with suspected hypertension</li><li>• Identify patients with hypertension and monitor treatment using correct measurement technique</li><li>• Recognise the contributory factors, causes of secondary hypertension and the potential complications of hypertension</li><li>• Discuss the range of routine investigations and examinations that should form part of the initial assessment of a newly diagnosed patient with hypertension including: urine strip test for protein and blood, urinary albumin:creatinine ratio, serum creatinine and electrolytes, fasting glucose and lipid profile, ECG, eGFR &amp; fundoscopy</li><li>• Calculation of cardiovascular risk using appropriate evidence based tool &amp; communication of results</li></ul>
<b>Diagnosing hypertension using: Clinic Blood Pressure Monitoring, Ambulatory Blood Pressure Monitoring and Home Blood Pressure Monitoring</b>	<p>On successful completion of this session the healthcare professional will be able to:</p> <ul style="list-style-type: none"><li>• Understand the role of CBPM, ABPM, HBPM in the diagnosis and ongoing monitoring of hypertension</li><li>• Carry out CBPM, ABPM and HBPM</li><li>• Apply knowledge to interpret the results of CBPM, ABPM and HBPM recordings</li><li>• Discuss the advantages and limitations of each method</li></ul>
<b>Patient Education &amp; Self Care</b>	<p>On successful completion of this session the healthcare professional will be able to:</p> <ul style="list-style-type: none"><li>• Understand the effect that lifestyle has on blood pressure and cardiovascular risk</li><li>• Understand the role of dietary changes<ul style="list-style-type: none"><li>○ How increased intake of fruit and vegetables can improve BP</li><li>○ How a high salt intake can increase BP especially in black African/Caribbean people</li></ul></li><li>• Understand the effects of smoking in Cardiovascular Disease</li><li>• Understand the most effective method for sustainable weight control including the role of bariatric surgery<ul style="list-style-type: none"><li>○ Understand the barriers to weight control and how to work with the patient to overcome them</li></ul></li><li>• Measure adherence to medication and provide support to the patient in achieving this</li></ul>

<b>Pharmacological Treatments</b>	<p>On successful completion of this session the healthcare professional will be able to:</p> <ul style="list-style-type: none"> <li>• Explain and apply the evidence base for the NICE/BHS guidelines for the pharmacological treatment of a patient with hypertension, following the AC rule</li> <li>• Understand the precautions to be taken when prescribing these drugs</li> <li>• Understand the common side-effects associated with these drugs, how to identify them, and what action to take</li> <li>• Measure adherence to medication and provide support to the patient in achieving this</li> <li>• Understand when to refer</li> </ul>
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### Optional Learning Sessions

Session	Learning Outcomes
<b>Interpretation of routine investigations</b>	<p>On successful completion of this session the healthcare professional will be able to:</p> <ul style="list-style-type: none"> <li>• Recall the reference range/normal result for routine investigations of newly diagnosed patients with hypertension, understanding that the reference ranges change according to the lab that does the test. The student will be advised to refer to the lab's reference range</li> <li>• Apply knowledge to interpret a range of typical results from routine investigations and explain the clinical relevance of each result</li> <li>• Develop ECG skills including identification of Left Ventricular Hypertrophy</li> <li>• Understand the importance of fundoscopy</li> </ul>
<b>Lipid Management</b>	<p>On successful completion of this session the healthcare professional will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the importance of good lipid control in patients with hypertension</li> <li>• Understand the latest evidence based research on lipid control</li> <li>• Understand the role of lifestyle</li> <li>• Understand how statins work</li> </ul>

### Complex Learning Sessions

	Additional Topics for Specialist Training
<b>Patients with Complex Hypertension</b>	<ul style="list-style-type: none"> <li>• Kidney Disease</li> </ul>
	<ul style="list-style-type: none"> <li>• Hypertension in the Young Person &amp; Looking for Secondary Causes of Hypertension</li> </ul>
	<ul style="list-style-type: none"> <li>• Hypertension in the Elderly</li> </ul>
	<ul style="list-style-type: none"> <li>• Target Organ Damage</li> </ul>
	<ul style="list-style-type: none"> <li>• Management of Hypertension in Pregnancy</li> </ul>
	<ul style="list-style-type: none"> <li>• Difficult to Measure Blood Pressure</li> </ul>
	<ul style="list-style-type: none"> <li>• Latest Research and nurses' involvement in encouraging patients to participate in research</li> </ul>