

## **Facilitator Guide**

### **Module 4: Managing Patients with Hypertension and Diabetes**

#### **Learning Objectives**

Upon completion of this activity, participants will be able to:

- Plan the investigation of patients with hypertension and diabetes including evaluation for nephropathy
- Assess the risk associated with diabetes in patients with hypertension and the impact of diabetic nephropathy
- Demonstrate knowledge of the blood pressure target in hypertensives living with diabetes
- Select treatment for patients with hypertension and diabetes with nephropathy - contrast this with patients with hypertension and diabetes without nephropathy; choose appropriate antihypertensive medications; discuss the risks of dual RAAS blockade with ACEi or ARB
- Identify patients with BP not at goal and plan their investigation and treatment

#### **Case Authors**

Pierre Larochelle, MD, PhD, FRCPC, FACP, FAHA  
Director, Institute of Clinical Research of Montreal (IRCM)

Carl Fournier, MD, CCFP

#### **CHEP Continuing Professional Development Planning & Review**

- Sol Stern, MD MCFP
- David Dannenbaum, MD CCFP
- John Hickey MD, CCFP
- Karen Mann, BN, MSc, PhD

#### **Case Series Editor**

Sheldon W. Tobe, MD, MScCH HPTE, FRCPC, FACP, FASH

### Role of the Facilitator

Your role as a facilitator is to lead the group discussion, respect the session timing, and ensure that each individual has the opportunity to share opinions, knowledge and previous experience.

The slides provided include speakers' notes with key messages and/or discussion points to be covered. Some slides also include specific instructions to follow. Review the slides and speakers' notes in advance so that you understand the content and flow.

Take a moment to review the Reference Slide section should you need to refer to any of these slides during your discussion.

Above all, ensure a respectful, participatory atmosphere in which participants feel safe to contribute.

### **Agenda**

The following is the suggested agenda for a proposed 60 minutes session.

<b>TIMING</b>	<b>TOPIC</b>	
5 minutes	<b>Introduction and Program Overview (slides 1 to 8)</b> <ul style="list-style-type: none"><li>▪ Introduction of the topic and facilitator disclosures</li><li>▪ Review of case authors</li><li>▪ Outline and objectives of the session</li></ul>	Facilitator
5 minutes	<b>Case Presentation (slides 9 to 15)</b> <ul style="list-style-type: none"><li>▪ Review case presentation slides</li></ul>	Facilitator
35 minutes	<b>Discussion Questions (slides 16 to 71)</b> <ul style="list-style-type: none"><li>▪ Speakers' notes provided to support each slide and guide you through the Discussion Questions</li><li>▪ Review the Key Learnings at the end of the session</li></ul>	Group
5 minutes	<b>Additional Resources</b> <ul style="list-style-type: none"><li>▪ Review any additional CHEP resources available</li></ul>	Facilitator
10 minutes	<b>Questions and Wrap up</b> <ul style="list-style-type: none"><li>▪ Allow group 10 minutes to ask questions and discuss the case</li><li>▪ Thank the participants for sharing their expertise and opinions</li></ul>	Group

Additional Resources:

<https://www.hypertension.ca/en/professional/resources>

For more information, contact:

[Jocelyne.Bellerive@hypertension.ca](mailto:Jocelyne.Bellerive@hypertension.ca)

Hypertension Canada