



Hypertension Canada Guidelines

Diagnosis and Assessment

Guideline I: Measuring Blood Pressure

Guideline II: Diagnosis

Guideline III: Home Measurement

Guideline IV: Ambulatory Measurement

Guideline V: Lab Tests

Guideline VI: Assessing CV Risk

Guideline VII: Renovascular Hypertension

Prevention and Treatment

Guideline I: Health Behaviour Management

Guideline II: Indications for Drug Therapy for Adults with Hypertension Without Compelling Indications for Specific Agents

Guideline III: Choice of therapy for adults with hypertension without compelling indications for specific agents

Guideline IV: Global Vascular Protection Therapy for Adults with Hypertension without Compelling Indications for Specific Agents

Guideline V: Goals of Therapy for Adults With Hypertension Without Compelling Indications for Specific Agents

Guideline VI: Treatment of Hypertension in Association With Ischemic Heart Disease

Guideline VII: Treatment of Hypertension in Association With Heart Failure

Guideline VIII: Treatment of Hypertension in Association With Stroke

Guideline IX: Treatment of Hypertension in Association With Left Ventricular Hypertrophy

Guideline X: Treatment of Hypertension in Association With Nondiabetic Chronic Kidney Disease

Guideline XI: Treatment of Hypertension in Association With Renovascular Disease

Guideline XII: Treatment of Hypertension in Association With Diabetes Mellitus

Guideline XIII: Adherence Strategies for Patients

Course Competencies

Competency 1

Demonstrates a sound knowledge of the epidemiology of hypertension.

Competency 2

Demonstrates a substantial understanding of the pathophysiology of hypertension.

Competency 3.

Is knowledgeable in hypertension prevention strategies.

Competency 4

Is able to demonstrate the proper technique when measuring blood pressure.

Competency 5

Demonstrates an understanding of the validation process for blood pressure devices.

Competency 6

Demonstrates an ability to screen for and identify individual patient cases for hypertension.

Competency 7

Demonstrates the ability to appropriately diagnose hypertension.

Competency 8

Demonstrate a knowledge of common co-morbidities in hypertension and how they affect diagnosis and management.

Competency 9

Demonstrates the ability to assess risk factors for cardiovascular disease and calculate a risk score for cardiovascular event.

Competency 10

Demonstrate a knowledge of the end-organ effects of hypertension and how it is identified and prevented.

Competency 11

Has a working knowledge of diet and lifestyle measures for hypertension.

Competency 12

Demonstrates exemplary decision-making with respect to the pharmacologic management of hypertension.

Competency 13

Can identify adherence support strategies for antihypertensive therapy.

Competency 14

Can implement appropriate follow-up strategies.

Competency 15

Is able to identify patients who require referral to other healthcare professionals.

MODULE 1:
Epidemiology and Pathophysiology of Hypertension

Competency 1
Demonstrates a sound knowledge of the epidemiology of hypertension.

Competency 2
Demonstrates a substantial understanding of the pathophysiology of hypertension.

Competency 8
Demonstrate a knowledge of common co-morbidities in hypertension and how they affect diagnosis and management. *(Prevention & Treatment Guidelines VI-XIII)*

Competency 10
Demonstrate a knowledge of the target organ effects of hypertension and how it is identified and prevented.

MODULE 2:
Hypertension Screening

Competency 4
Is able to demonstrate the proper technique when measuring blood pressure.

(Diagnosis & Assessment Guidelines I, III, IV)

Competency 5
Demonstrates an understanding of the validation process for blood pressure devices.

Competency 6
Demonstrates an ability to screen for and identify individual patient cases for hypertension. *(Diagnosis & Assessment Guideline V)*

Competency 7
Demonstrates the ability to appropriately diagnose hypertension. *(Diagnosis & Assessment Guideline II) -from 1*

Competency 9
Demonstrates the ability to assess risk factors for cardiovascular disease and calculate a risk score for cardiovascular event. *(Diagnosis & Assessment Guidelines VI, VII)*

Competency 15
Is able to identify patients who require referral to other healthcare professionals.

MODULE 3: Prevention and Non-Pharmacologic Management of Hypertension

Part 1: Lifestyle Strategies for Prevention and Management
Competency 3.

Is knowledgeable in hypertension prevention strategies. *(Prevention & Treatment Guideline I)*

Competency 11
Has a working knowledge of diet and lifestyle measures for hypertension. *(Prevention & Treatment Guideline I)*

Part 2: Non-adherence, Coaching, Motivation and Intervention

Competency 13
Can identify adherence support strategies for antihypertensive therapy. *(Prevention & Treatment Guideline XIII)*

Part 3: Follow Up Strategies
Competency 15

Is able to identify patients who require referral to other healthcare professionals.

Competency 14
Can implement appropriate follow-up strategies. *(Diagnosis & Assessment Guideline II)*

MODULE 4: Pharmacologic Management of Hypertension Management

Part 1
Competency 12
Demonstrates exemplary decision-making with respect to the pharmacologic management of hypertension. *(Prevention & Treatment Guidelines VI-IX)*

Part 2: Bringing the Course Together
Competency 12
Demonstrates exemplary decision-making with respect to the pharmacologic management of hypertension.



UNIVERSITY OF ALBERTA
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PROFESSIONAL CERTIFICATION PROGRAM

