

## 2020 Hypertension Canada Guidelines

### Diagnosis and Assessment

**I:** Accurate Measurement of BP

**II:** Diagnosis of hypertension and follow-up

**III:** Routine and optional laboratory tests for the investigation of patients with hypertension

**IV:** Assessment of overall cardiovascular risk in hypertensive patients

**XVI.** Assessment for renovascular hypertension

**XVIII.** Assessment for endocrine hypertension

### Prevention and Treatment

**V.** Global vascular protection therapy for adults with hypertension without compelling indications for specific agents

**VI.** Health behaviour management

**VII.** Indications for drug therapy for adults with hypertension without compelling indications for specific agents

**VIII.** Choice of therapy for adults with hypertension without compelling indications for specific agents

**IX.** Treatment of hypertension in association with diabetes mellitus

**X.** Treatment of hypertension in association with nondiabetic chronic kidney disease

**XI.** Treatment of hypertension in association with stroke

**XII.** Treatment of hypertension in association with ischemic heart disease

**XIII.** Treatment of hypertension in association with heart failure

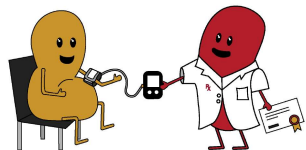
**XIV.** Treatment of hypertension in association with left ventricular hypertrophy

**XV.** Resistant hypertension

**XVII.** Treatment of hypertension in association with renovascular disease

**XIX.** Treatment of secondary hypertension due to endocrine causes

**XX.** 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.  
*(2020 Guidelines IX - XIX)*

**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.  
*(2020 Guideline I)*

**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.  
*(2020 Guideline III)*

**Competency 7**  
Demonstrates the ability to appropriately diagnose hypertension.  
*(2020 Guideline II)*

**Competency 9**  
Demonstrates the ability to assess risk factors for cardiovascular disease and calculate a risk score for cardiovascular event.  
*(2020 Guideline IV)*

**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.  
*(2020 Guidelines V, VI)*

**Competency 11**  
Has a working knowledge of diet and lifestyle measures for hypertension.  
*(2020 Guideline VI)*

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

**Competency 13**  
Can identify adherence support strategies for antihypertensive therapy.  
*(2020 Guideline XX)*

**Part 3: Follow Up Strategies**  
**Competency 15**  
Is able to identify patients who require referral to other healthcare professionals.  
*(2020 Guideline XV)*

**Competency 14**  
Can implement appropriate follow-up strategies.  
*(2020 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.  
*(2020 Guidelines XI - XIV)*

**Part 2: Bringing the Course Together**  
**Competency 12**  
Demonstrates exemplary decision-making with respect to the pharmacologic management of hypertension.  
*(2020 Guidelines IX- XIX)*

