

# Hypertension Prevention

This is the third hyperlink at the top of AAA Home and represents the completion of SETMA's Preventive Health Initiative which includes:

- [The LESS Initiative](#)
- [Preventing Diabetes](#)
- [Preventing Hypertension](#)

The screenshot shows the SETMA patient portal interface. At the top left is the Southeast Texas Medical Associates logo. Patient information fields include: Patient (Jonny1), ZTest, Sex (M), Age (69), DOB (08/17/1940), Home Phone ((409)833-9797), Work Phone ((409)504-5566), and Patient's Code Status (Full Code). A red alert banner states "Patient has one or more alerts!" with a link to "Click Here to View Alerts". Below this is a navigation menu with links: SETMA's LESS Initiative, Preventing Diabetes, Preventing Hypertension (highlighted with a red box), Medical Home Coordination, Charge Posting Tutorial, ICD-9 Code Tutorial, and eLearning Recommendations. Further down are links for Master GP, Nursing Home, Ophthalmology, Pediatrics, Physical Therapy, Podiatry, Rheumatology, Daily Progress, Admission Orders, Discharge, Insulin Infusion, Colorectal Surgery, Pain Management, Exercise, CHF Exercise, Diabetic Exercise, Drug Interactions, Smoking Cessation, Hydration, Nutrition, Guidelines, Lab Future, and Lab Results. A "Disease Management" section lists links for Acute Coronary Syn, Angina, Asthma, CHF, Diabetes, Headaches, Hypertension, Lipids, and Cardiometabolic Risk Syndrome, along with Weight Management, Renal Failure, and Diabetes Edu. On the left, there's a section for Patient's Pharmacy (Bruce's Pharmacy) with phone and fax numbers, and buttons for Rx Sheet - Active, Rx Sheet - New, Rx Sheet - Complete, and Home Health. The main content area has "Pending Referrals" and "Archived Referrals - Do not use for new referrals" tables. The "Pending Referrals" table has columns for Status, Priority, Referral, and Referring Provider, with data rows for SETMA Infectious Disease, PFT, CPET, Adenosine Cardiote, and Thyroid Scan. The "Archived Referrals" table is empty. On the right, a "Chart Note" section includes buttons for Return Info, Return Doc, Email, Telephone, Records Request, and Transfer of Care Doc.

The Preventing Hypertension template is divided into four sections from top to bottom.

- Pre-hypertension
- Assessment as to whether this patient is pre-hypertensive with the patient's blood pressure
- Risk Factors for Developing hypertension and a list of ways which answer the question, "How can I reduce my risk?"
- Medications Causing Hypertension

Pre-hypertension - the first section

- This top section gives three important facts about pre-hypertension
  1. Definition
  2. Significance
  3. Lifetime risk of developing hypertension

## Preventing Hypertension

### Contributing Causes to Hypertension

#### Pre-Hypertension

- Pre-hypertension is defined as systolic blood pressure between 121 and 139 or a diastolic between 80 and 89.
- Patients with pre-hypertension have a higher risk of hypertension in the future. Lifestyle modification is recommended for these patients. **However**, drug treatment for pre-hypertension is indicated only for those with diabetes mellitus or chronic renal disease.
- If you are 55 years of age and do not have hypertension, your lifetime risk of developing hypertension is 90% if you don't take steps to avoid it.

Return

Document

Is this patient pre-hypertensive?

☐ Yes
 ☒ No

Today's Blood Pressure

/  mmHg

#### Risk Factors for Developing Hypertension

- ☒ Diabetes
- ☐ Emotional Stress
- ☐ Heavy Alcohol Consumption
- ☐ Family History of Hypertension
- ☐ High Fat or High Salt Diet
- ☒ Male
- ☐ Middle-Aged or Older
- ☐ Oral Contraceptives (Birth Control)
- ☒ Overweight
- ☐ Post-Menopausal Female
- ☐ Race (African American)
- ☐ Sedentary Lifestyle
- ☐ Smoking

#### How Can I Reduce My Risk?

- ☒ If you are overweight, lose weight.
- ☒ Avoid heavy alcohol consumption.
- ☒ If you smoke, stop.
- ☒ Eat a heart healthy diet.
- ☐ [DASH Diet](#) (Auto-Print)  
DASH = Dietary Approaches to Stop Hypertension
- ☒ Decrease your use of salt. [Low Sodium Diet](#) (Auto-Print)
- ☒ Exercise regularly.
- ☒ Learn to manage and reduce stress.

Medications Causing HPT

- To the right side and above this section, there is a hyperlink entitled, "**Contributing Causes to Hypertension**"

## Preventing Hypertension

[Contributing Causes to Hypertension](#)

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**Is this patient pre-hypertensive?**  
☐ Yes ☒ No

**Today's Blood Pressure**  /  mmHg

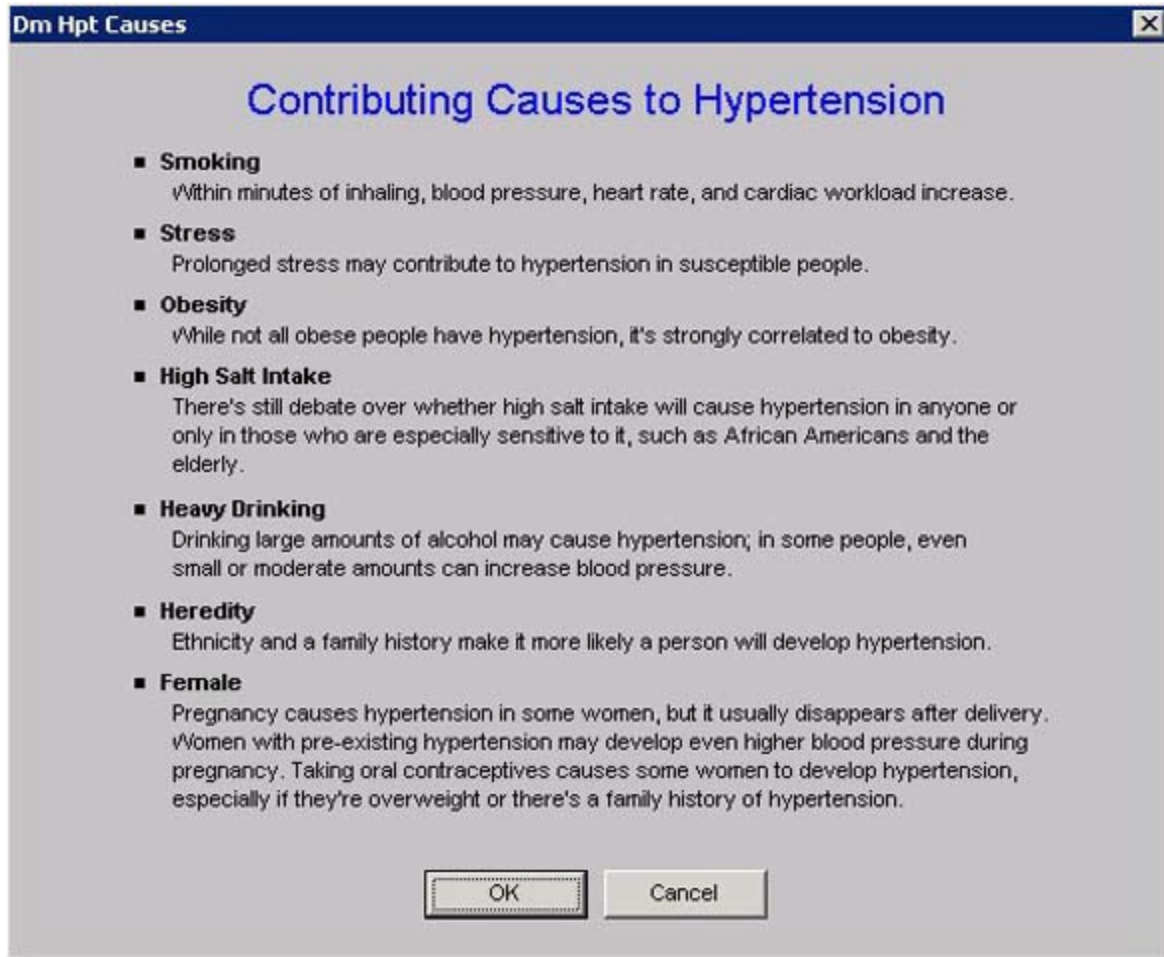
**Risk Factors for Developing Hypertension**

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1. When accessed this pop-up gives seven contributing causes to hypertension.
2. Knowledge of these is critical to the prevention of hypertension. They are:
  - a. Smoking
  - b. Stress
  - c. Obesity
  - d. High Salt Intake
  - e. Heavy Drinking
  - f. Heredity
  - g. Female Gender



3. These, along with additional details about each, print on the document generated by this template.

### **"Is This Patient Pre-hypertensive?" and the patient's blood pressure - the second section**

- From the patient's measured blood pressure, the EMR automatically determines if the patient is pre-hypertensive
- That determination is noted on the template and on the chart note.

## Preventing Hypertension

### Contributing Causes to Hypertension

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Today's Blood Pressure

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Medications Causing HPT

**Risk Factors for Developing hypertension and a list of ways which answer the question, "How can I reduce my risk?" - The third section**

- There is a list of 13 risk factors for the development of hypertension
- To the right, there is a list of seven steps which can be taken to prevent hypertension
  - Within these seven there are links to the **DASH** (Dietary Approach to Stop Hypertension) Diet materials and to the **Low Sodium** materials.
  - These auto print when accessed and the fact that you have given the material to the patient appears on the document for Preventing Hypertension.
  - It will be noted that three of the seven elements of preventing hypertension, are identical to three of the elements for preventing diabetes, which are **THE** three elements of the LESS Initiative: lose weight, exercise, stop smoking.



## Preventing Hypertension

[Contributing Causes to Hypertension](#)

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Is this patient pre-hypertensive? ☐ Yes ☒ No

Today's Blood Pressure  /  mmHg

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[Medications Causing HPT](#)

[Return](#)  
[Document](#)

Medications Causing Hypertension - the fourth section at the bottom

## Preventing Hypertension

[Contributing Causes to Hypertension](#)

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[Medications Causing HPT](#)

[Return](#)  
[Document](#)

- When assessed the pop-up which is launched by clicking on the button entitled "Medications Causing Hypertension".

- This list is of benefit if:
  1. A patient has a sudden increase in their blood pressure
  2. A patient has blood pressure which is difficult to control
  3. A patient is pre-hypertensive and steps are being taken to prevent the development of hypertension.
- When the box next to any of the medications is checked that medication will appear on the chart note under the heading "Medications Causing Hypertension."

### Medications/Substances to Avoid

The following medications and substances may increase your blood pressure. Consult your physician before taking ANY of the following:

<input type="checkbox"/> Amphetamines <input type="checkbox"/> Antidepressants, including... <input type="checkbox"/> Elavil <input type="checkbox"/> Norpramin <input type="checkbox"/> Antihistamines, including... <input type="checkbox"/> Actifed <input type="checkbox"/> Benadryl <input type="checkbox"/> Tavist <input type="checkbox"/> Appetite Suppressants <input type="checkbox"/> Cocaine <input type="checkbox"/> Cold Medicines ("DM" medications are acceptable) <input type="checkbox"/> Corticosteroids, including... <input type="checkbox"/> Deltasone <input type="checkbox"/> Medrol <input type="checkbox"/> Cough Medicines <input type="checkbox"/> COX2-Inhibitors, including... <input type="checkbox"/> Celebrex <input type="checkbox"/> Vioxx <input type="checkbox"/> Cyclosporine, including... <input type="checkbox"/> Neoral <input type="checkbox"/> Sandimmune	<input type="checkbox"/> Decongestants (any "D" medications), including... <input type="checkbox"/> Diet Pills <input type="checkbox"/> Sudafed <input type="checkbox"/> Ecstasy <input type="checkbox"/> Erythropoietin, including... <input type="checkbox"/> Epogen <input type="checkbox"/> Procrit <input type="checkbox"/> Herbal Products, including... <input type="checkbox"/> Natural Licorice <input type="checkbox"/> Gingko Biloba <input type="checkbox"/> Hormones, including... <input type="checkbox"/> Birth Control Pills <input type="checkbox"/> Estrogen <input type="checkbox"/> Migraine Medications <input type="checkbox"/> Nonsteroidal Anti-Inflammatory Dugs (NSAIDs), including... <input type="checkbox"/> Advil <input type="checkbox"/> Motrin <input type="checkbox"/> Aleve <input type="checkbox"/> Orudis KT <input type="checkbox"/> Ibuprofen <input type="checkbox"/> Oral Contraceptives <input type="checkbox"/> Pain Relievers (Tylenol is acceptable) <input type="checkbox"/> Steroids
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☐ Do not stop any blood pressure medications without consulting your physician!!

**When this template and the note are completed, all elements of SETMA's Preventive Health Initiative have been completed. Congratulations, you can affirmatively, with proof, assert that you are giving excellent care to your patients.**