Hypertension – Mind Map

|  |  |  |
| --- | --- | --- |
| Laboratory Test Request | Lipid profile | Blood urea nitrogen |
| Blood glucose | Blood creatinine |
| Fasting blood glucose | Electrolytes |
| 2 hour post-prandial glucose | Calcium |
| Complete blood count | Uric acid |
| Urinalysis/urine microscopy | Microalbuminuria |
|  | | |
| Point-of-care Tests | Urine dipstick | Blood glucose |
|  | | |
| Radiology/Other Test Request | Electrocardiogram | Chest X-ray (as necessary) |
| Abdominal ultrasound (as indicated) |  |
|  | | |
| Family History | Hypertension | Kidney disease |
| Heart attack/heart disease | Diabetes Mellitus |
| Stroke/transient ischaemic attack | Dyslipidaemia |
| Other cardiovascular disease |  |
|  | | |
| Health Education | Overview of hypertension and cardiovascular disease (definition, causes/risk factors, symptoms) | Goals for blood pressure and lipids |
| Dietary modification and supplements | Weight management |
| Physical activity | Medication (possible side effects) |
| Avoiding harmful use of alcohol | Importance of adherence to treatment plan |
| Avoiding tobacco use | Cardiovascular complications |
| Avoiding use of other substances |  |
|  | | |
| Past Medical History | Weight loss/gain | Comorbid conditions |
| Sleep apnoea | Drug history |
|  | | |
| Lifestyle/Social History | Nutrition | Alcohol use |
| Physical activity | Tobacco use |
| Occupation | Other substance use |
|  | | |
| Physical Measurements | Height | Blood pressure |
| Body weight and BMI | Other vitals |
| Waist circumference |  |
|  |  |  |
| Physical Examination | Respiratory | Neuromuscular |
| Cardiovascular | Eye/fundoscopy |
| Abdominal | Thyroid |
|  | | |
| Specimen Collection | Spot urine |  |
|  | | |
| Referrals | Nutrition | Nephrologist |
| Dietician | Paediatrician |
| Cardiologist | Physiotherapy |
| Internal Medicine | Medical Social Worker |
| Ophthalmologist | Emergency Physician |
|  | | |
| Immunization | Influenza |  |
|  | | |
| Screening | Depression: KADS-6; PHQ-2; PHQ-9 tools | Cardiovascular risk (WHO tool) |
| Breast cancer | Colorectal cancer |
| Prostate cancer | Cervical cancer |