

# 2013 esh esc guidelines on the treatment of hypertension

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### Definitions of Hypertension Based on the 2013 ESH ESC Guidelines\*\*

According to the 2013 European Society of Hypertension (ESH) and European Society of Cardiology (ESC) guidelines, hypertension is defined by office blood pressure (BP) measurements:

- **Optimal:** <120/<80 mmHg
- **Normal:** 120-129/<80 mmHg
- **High Normal:** 130-139/<85 mmHg
- **Stage 1 Hypertension:** 140-159/90-99 mmHg
- **Stage 2 Hypertension:** ≥160/≥100 mmHg
- **Isolated Systolic Hypertension:** Systolic BP ≥140 mmHg with Diastolic BP <90 mmHg

### New ESH Hypertension Guidelines

The 2018 ESH guidelines introduced several updates, including:

- Lowered target BP for those with diabetes
- New category of hypertension: "Resistant Hypertension"
- New parameter: Central Blood Pressure (CBP)

### Target ESC for Hypertension

- **General Population:** <140/<90 mmHg

- **Diabetes:** <130/<80 mmHg
- **Elderly (>65 years):** <150/<90 mmHg

## **What's New in the ESC 2018 Guidelines for Arterial Hypertension?**

- Lower target BP for diabetes patients
- New category of Resistant Hypertension
- Inclusion of CBP as a measurement
- Revised definition of White Coat Hypertension

## **Full Form of ESH in Hypertension**

European Society of Hypertension

## **Guidelines for Defining Hypertension**

- Office BP measurements
- Ambulatory BP monitoring
- Home BP monitoring

## **New Category for Hypertension**

Resistant Hypertension: BP remains uncontrolled despite adherence to optimal medication regimens (i.e., ≥3 drugs)

## **New Parameter for Hypertension**

Central Blood Pressure: BP measured in the aorta, which correlates with cardiovascular risk

## **ISH Guideline for Hypertension**

International Society of Hypertension

## **ESC for Hypertension in the Elderly**

Target BP: <150/<90 mmHg

## **New Therapeutic Target for Hypertension**

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2013 ESH ESC GUIDELINES ON THE TREATMENT OF HYPERTENSION

- Optimal BP: <120/<80 mmHg
- Target BP: <140/<90 mmHg (general population); <130/<80 mmHg (diabetes)

### **Cut Off for Hypertension**

- Systolic BP: ≥140 mmHg
- Diastolic BP: ≥90 mmHg

### **Treatment Goals for Hypertension**

- Achieve and maintain target BP levels
- Prevent complications such as heart attack, stroke, and kidney disease

### **Full Form of ESC Guidelines**

European Society of Cardiology

### **Target Blood Pressure for Hypertensive Patients**

See Target ESC for Hypertension

### **Normal Blood Pressure by Age**

- 20-40 years: 120-130/<80-85 mmHg
- 40-60 years: 120-140/<80-90 mmHg
- 60+ years: 130-150/<80-90 mmHg

### **Secondary Causes of Hypertension**

- Renal disease
- Endocrine disorders
- Vascular disorders

### **Type 3 Hypertension**

Resistant Hypertension

## **First Drug of Choice for Hypertension**

Thiazide-type diuretic

## **Latest JNC Guidelines for Hypertension**

Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure

## **Dangerously High Blood Pressure**

Systolic BP  $\geq 180$  mmHg or Diastolic BP  $\geq 120$  mmHg

## **NICE Guidelines Definition of Hypertension**

BP  $\geq 140/90$  mmHg

## **CDC Definition of Hypertension**

BP  $\geq 130/80$  mmHg

## **Criteria to Classify Hypertension**

- Office BP measurements
- Out-of-office measurements (ambulatory or home monitoring)
- Clinical signs and symptoms

## **Hypertensive Emergency Definition Guidelines**

- Systolic BP  $\geq 180$  mmHg or Diastolic BP  $\geq 120$  mmHg
- Imminent or ongoing organ damage

## **Year 10-11 RE Scheme of Work Q&A**

**Q: Why is a structured scheme of work essential in RE teaching?** A: A well-organized scheme of work ensures comprehensive coverage of the curriculum, engaging activities, and differentiated learning to meet the needs of all students.

**Q: What should be included in a Year 10-11 RE scheme of work?** A: It should outline the content, objectives, resources, assessment strategies, and differentiation for each unit. Units typically cover topics such as beliefs and practices, ethics, religion and society, and world religions.

**Q: How should a scheme of work be structured?** A: It should be divided into manageable units with clear learning objectives, activities, and assessments. Lessons should be sequenced to build on prior knowledge and develop students' critical thinking and communication skills.

**Q: How can a scheme of work enhance student engagement?** A: By incorporating a variety of activities, such as discussions, presentations, group work, and field trips. Differentiated activities can cater to different learning styles and interests, keeping students engaged and motivated.

**Q: How does a scheme of work facilitate assessment?** A: It provides a framework for assessing students' progress against the learning objectives. Assessments should be varied to measure different aspects of knowledge and skills, such as written essays, presentations, or reflective journals.

**What is BIMCO used for?** What is the purpose of BIMCO? Providing standard contracts and agreements covering the full spectrum of shipping operations. With clear terms and conditions, these documents offer a widely accepted framework for conducting business in the maritime sector.

**What is BIMCO supplytime?** SUPPLYTIME is a time charter party for offshore support vessels.

**What is a BIMCO charter?** BIMCO offers a wide range of charter parties for different types of cargo and different types of voyages. This includes charter parties for dry bulk cargo, liquid cargo, containerized cargo, and project cargo. BIMCO also offers charter parties for voyage charters, time charters, and bareboat charters.

**Where is the headquarters of BIMCO?** BIMCO's headquarters is in Bagsværd, a suburb of Copenhagen, Denmark. The current President is Nikolaus H. Schües, who took over as the 46th President of BIMCO in May 2023.

**What is the main objective of BIMCO?** BIMCO's mission is to be at the forefront of global developments in shipping, providing expert knowledge and practical advice to safeguard and add value to our members' businesses. We have almost 120 years' experience supporting shipping businesses and we are ready to help yours too.

**Who owns BIMCO?** In 1974, Howard Schambach purchased Bimco from the Brenner family and continued the tradition of providing quality plumbing supplies to contractors and homeowners throughout the Triad with the addition of a Greensboro location in 1980. Today the company is owned and operated by the Sparks and Schambach families.

**What is BIMCO once on demurrage always on demurrage?** “Once on demurrage always on demurrage” In view of the breach element, exceptions to laytime do not apply when the ship is on demurrage because a party in breach cannot take advantage of its own breach.

**Why join BIMCO?** BIMCO Networks Meet other experts within your field, learn from one another and strengthen your professional network and business. Gain knowledge from the external speakers and the debate within the network that follows.

**What is BIMCO shipman?** SHIPMAN is a ship management agreement that may include crew, technical and commercial management as well as insurance arrangements in respect of a ship. The latest edition of this contract is SHIPMAN 2024. Copyright in SHIPMAN 2024 is held by BIMCO. Contract. Ship management.

**What are the 3 types of charter?** Types of charters. The three most common types of charter contracts are the voyage charter, the time charter, and the demise (or bareboat) charter.

**What is the BIMCO guarantee clause?** The BIMCO Charter Party Guarantee extends beyond payments due to the owners by the charterers by also incorporating a guarantee for charterers' liabilities for items such as unpaid bunkers, port charges and stevedoring costs that the owners may find themselves liable for if the charterers default on payment.

**Is charter party a bill of lading?** Charter party bills of lading are specialized bills of lading that operate within the framework of a charter party agreement. Learn more about its types and format in this blog. The global logistics and shipping industry is the backbone of international trade, facilitating movement of goods across borders.

**Who is the CEO of BIMCO?** David Loosley is the Secretary General & CEO at BIMCO.

**How many members does BIMCO have?** We are an organisation and global shipping community of over 2,000 members in 130 countries.

**Who are the presidents of BIMCO?** BIMCO has elected Nikolaus H. Schües, CEO and owner of Reederei F. Laeisz, as President at the organisation's general meeting in Hong Kong on Thursday 25 May 2023. He is our 46th President, taking over from Sabrina Chao of Wah Kwong Maritime Transport Holdings Limited, who has completed her two-year term.

**What is the full form of BIMCO?** The name of the organisation is BIMCO (The Baltic and International Maritime Council) registered with the Central Business Register of Denmark, hereinafter referred to as BIMCO.

**What is the seaworthy trim clause of BIMCO?** BIMCO Seaworthy Trim Clause Charterers shall leave the Vessel in seaworthy trim and with cargo on board safely stowed to Master's satisfaction between loading berths/ports and between discharging berths/ports, respectively; any expenses resulting therefrom shall be for Charterers' account and any time used shall count.

**What is the designated entities clause in BIMCO?** BIMCO has published a precedent clause designed to address some concerns about sanctions. Most major sanctions regimes, including those of the US and EU, include lists of designated parties with whom it is effectively prohibited to do business.

**Who owns Ocean Tankers?** It is owned by embattled Hin Leong Group's founder and oil tycoon Lim Oon Kuin, better known as OK Lim, who was recently charged with abetment of forgery for the purpose of cheating. The group's insolvent trading arm, Hin Leong Trading (HLT), had racked up nearly US\$4 billion of debt.

### **Who owns Sea Spirit ship?**

**Who owns the cargo vessels?** Larger cargo ships are generally operated by shipping lines: companies that specialize in the handling of cargo in general. Smaller vessels, such as coasters, are often owned by their operators.

**What is the purpose of the International maritime Convention?** The purposes of the Organization, as summarized by Article 1(a) of the Convention, are "to provide machinery for cooperation among Governments in the field of governmental regulation and practices relating to technical matters of all kinds affecting shipping engaged in international trade; to encourage and facilitate ...

**What is BIMCO once on demurrage always on demurrage?** "Once on demurrage always on demurrage" In view of the breach element, exceptions to laytime do not apply when the ship is on demurrage because a party in breach cannot take advantage of its own breach.

**What is charter agreement used for?** A charter agreement is a formal contract outlining your business relationship with another person or company. These agreements can be used for many purposes, including hiring employees, buying and selling goods and services, working together on projects, starting joint ventures, etc.

**What does charter party mean shipping?** A charterparty (sometimes charter-party) is a maritime contract between a shipowner and a "charterer" for the hire of either a ship for the carriage of passengers or cargo, or a yacht for leisure. Charter party is a contract of carriage of cargo in the case of employment of a (charter boat).

### **Service Manual for Total Station South NTS 312B: Essential Questions Answered**

#### **Q1: What is the purpose of the service manual for the NTS 312B total station?**

A1: The service manual provides comprehensive instructions for servicing, maintaining, and repairing the NTS 312B total station. It includes detailed procedures for troubleshooting, calibration, optical alignment, and other essential tasks.

#### **Q2: Who should use the service manual?**



A2: The service manual is primarily intended for qualified technicians who are authorized to perform repairs on the NTS 312B total station. It requires a strong understanding of electronic circuits, optics, and precision instruments.

**Q3: What are the main sections of the service manual?**

A3: The service manual is typically divided into several sections, including:

- General information and specifications
- Maintenance and troubleshooting procedures
- Electrical circuit diagrams
- Optical alignment instructions
- Calibration methods

**Q4: How can I obtain a service manual for the NTS 312B total station?**

A4: Service manuals for the NTS 312B total station can be obtained from authorized distributors or directly from the manufacturer, South NTS. It is important to ensure that you have the latest version of the manual for your specific model.

**Q5: What are some common maintenance tasks that can be performed using the service manual?**

A5: The service manual can guide you through various maintenance tasks, such as:

- Cleaning and lubricating moving parts
- Replacing batteries and other consumables
- Checking and adjusting levels and plumb bobs
- Performing optical alignment and calibration

[year 10 year 11 re scheme of work, sample copy bimco, service manual total station south nts 312b](#)

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