

4x6

## HYPERTENSION

### Initial Evaluation:

- ✓ UA
- ✓ Fundoscopic exam
- ✓ Hct
- ✓ Creat
- ✓ EKG
- ✓ FBS
- ✓ Lipids
- ✓ K+
- ✓ Ca++

### Every Visit:

- ✓ BP both arms
- ✓ Fundoscopic exam
- ✓ BMI
- ✓ Auscultate carotids, femorals and abdomen for bruits
- ✓ Palpate thyroid
- ✓ Palpate abdomen for kidneys, masses and aorta
- ✓ Heart and lungs
- ✓ Lower extremities for edema, pulses
- ✓ Neurologic exam



To refer EqualityCare clients, please call: **1.888.545.1710**

## HYPERTENSION

### Lifestyle Modifications

- ✓ Weight loss for BMI >25
- ✓ Increase physical activity
- ✓ DASH diet
- ✓ Moderation of ETOH
- ✓ Decrease sodium intake

### Drugs

Wyoming Medicaid Preferred

- ✓ Thiazide
- ✓ ACE inhibitors (Lisinopril, Captopril, Enalapril)
- ✓ ARB
- ✓ Beta blocker
- ✓ Calcium channel blocker (Felodipine, Verapamil, Diltiazem)

### BP Classifications

Recommended Treatment

- ✓ Normal <120/<80
- ✓ Prehypertension 120-139/80-89 Lifestyle modification
- ✓ Stage I: 140-159/90-99 Thiazide-diuretic
- ✓ Stage II: >160/100 Two-drug combination (usually thiazide plus ACEI, ARB, BB, or CCB)