



National Prescribing Service Limited



Case study 48: Achieving tight BP control

(for GPs, pharmacists, nurses and other health professionals)

NPS case studies are designed to help you refine your clinical decision-making skills. After you complete and submit the case study, you will receive expert commentaries along with aggregated responses that provide a snapshot of your colleagues' responses.

Scenario

Tom is a 48 year old marketing executive. He presents to have his blood pressure (BP) re-measured following readings of 160/88 mmHg and 165/90 mmHg two and four months ago, respectively, confirmed with home monitoring.

Tom currently takes atorvastatin 20 mg daily for hypercholesterolaemia but has no other medical conditions and no allergies. His father had a heart attack at age 53 and his mother has hypertension. There is no other significant family history. He does not smoke and has a body mass index (BMI) of 27 kg/m². He lives with his wife and child. Over the past 4 months, he has joined his wife on her evening walks (if he is not too tired) and has cut his alcohol intake (now 3 standard drinks on most days of the week).

Two months ago, Tom's total cholesterol was 4.1 mmol/L, high-density lipoprotein-cholesterol 0.6 mmol/L and low-density lipoprotein-cholesterol 2.8 mmol/L. Electrolytes, renal function, liver function, full blood count and glucose tests were normal.

Today, his BP is 172/92 mmHg. Physical examination is unremarkable. Other potential causes of secondary hypertension have been excluded.

A decision is made to treat Tom's hypertension.

GPs and pharmacists

To be included in the **Quality Prescribing Initiative** of the **Practice Incentives Program (PIP)**, or receive 1 Pharmaceutical Society of Australia Continuing Professional Development & Practice Improvement (PSA CPD & PI) credit point (recognition number: CR07-0005) you will need to:

- complete **all** questions (see over)
- quote your **provider and prescriber numbers** or **PSA member number** in the spaces provided in the 'Your details' box
- sign the consent agreement in the 'Your details' box.

Send to NPS by:
Friday 3 August 2007

Send to: NPS
PO Box 1147
Strawberry Hills NSW 2012
Or fax to: (02) 9211 7579

Complete and submit your case study
online at: <http://casestudy.nps.org.au>

