



National Prescribing Service Limited



Case study 28: Managing hypertension in diabetes

Health professionals are invited to answer the questions on the reverse and submit responses to NPS for collation. We will send you a commentary on the case study, along with the aggregated responses which will provide a snapshot of how your colleagues responded.

Scenario

Brian is a 60-year old accountant who returns to have his blood pressure reviewed. When he was initially noted to be hypertensive you started ramipril 2.5 mg daily, to which he had a moderate response. You increased the dose to ramipril 5 mg daily four weeks ago. Brian has type 2 diabetes, is hypercholesterolaemic and overweight. He is otherwise well. He has never smoked, has no personal or family history of heart disease. His current medications are ramipril 5 mg daily, simvastatin 40 mg daily and metformin 1 g twice daily with meals.

Examination results

Height: 180 cm
Weight: 93 kg
Body mass index: 29 kg/m²
Waist measurement at the umbilicus: 110 cm
BP (before initiation of ramipril): 160/95 mmHg
BP (this visit): 145/90 mmHg

Recent biochemical test results

Creatinine: 0.10 mmol/L (normal)
HbA_{1c}: 6.8%
Ratio of total cholesterol: HDL-cholesterol 4.4
Total cholesterol: 6.1 mmol
HDL-cholesterol: 1.4 mmol
Urinary albumin creatinine ratio normal

To receive feedback on this case study

- Please sign the consent agreement in the 'Your Details' box on the reverse.

For GPs

If you wish this case study to be included in the **Quality Prescribing Initiative (QPI)** of the **Practice Incentives Program (PIP)**, you will need to:

- sign the consent agreement in the 'Your Details' box
- quote your provider and prescriber numbers in the spaces provided in the 'Your Details' box
- complete all questions.

Sending in the form

Final date to be received at NPS:
Friday 19 September 2003

Send the completed case study to:
NPS
Suite 3, 2 Phipps Close
DEAKIN ACT 2600
Or fax to: (02) 6282 6855

