

# HYPERTENSION



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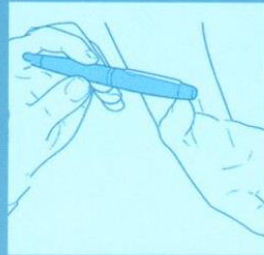
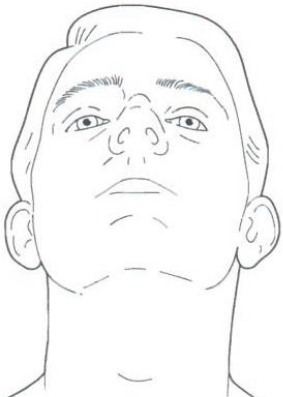
تأليف

نيكولاس ج. تالي سيمون أوكونر

# كتاب الفحص الإكلينيكي الجيبي

ترجمة

أ.د. جمال بن صالح الوكيل



جامعة الملك سعود

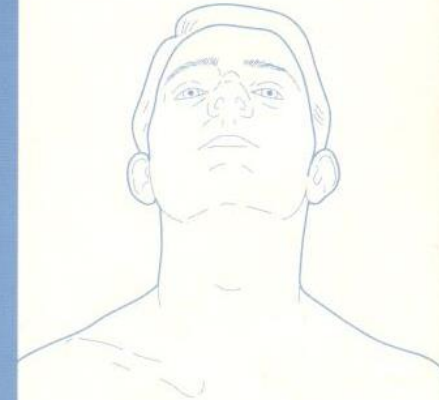
النشر العلمي والمطابع



NICHOLAS J TALLEY  
SIMON O'CONNOR

# POCKET CLINICAL EXAMINATION

SECOND EDITION



# The Objectives of this Lecture are:

1. To be able to recognize the definition of hypertension
2. To be able to identify the Stages of Hypertension  
( ACC/AHA - European Society of Cardiology/European Society of Hypertension (ESC/ESH)
3. To find out the complication of Hypertension
4. To learn how to measure blood pressure
5. To acquire knowledge on how to treat hypertension



# Case

*47 year old man came to your clinic with headache for 3 weeks. The nurse measure his Blood Pressure and was found to be 150/95 mmHg:*

1. Does he have Hypertension?
2. What is the stage of Hypertension?
3. What investigation should you perform?
4. What could be your management on his case?
5. Is there any possible prevention to his disease and its complication?

# Prevalence of hypertension

- The 4<sup>th</sup> most common cause of death worldwide
- The overall prevalence of hypertension in adults is 30 - 45%
- The overall prevalence of hypertension in Saudia is 25.5%- 31.4%
- Onset stage 25-55 years mainly in 40-50y
- more common with advancing age
- prevalence of >60% in people aged >60 years
- Risk of HTN : A) aging , B) sedentary lifestyles C) increase their body weight

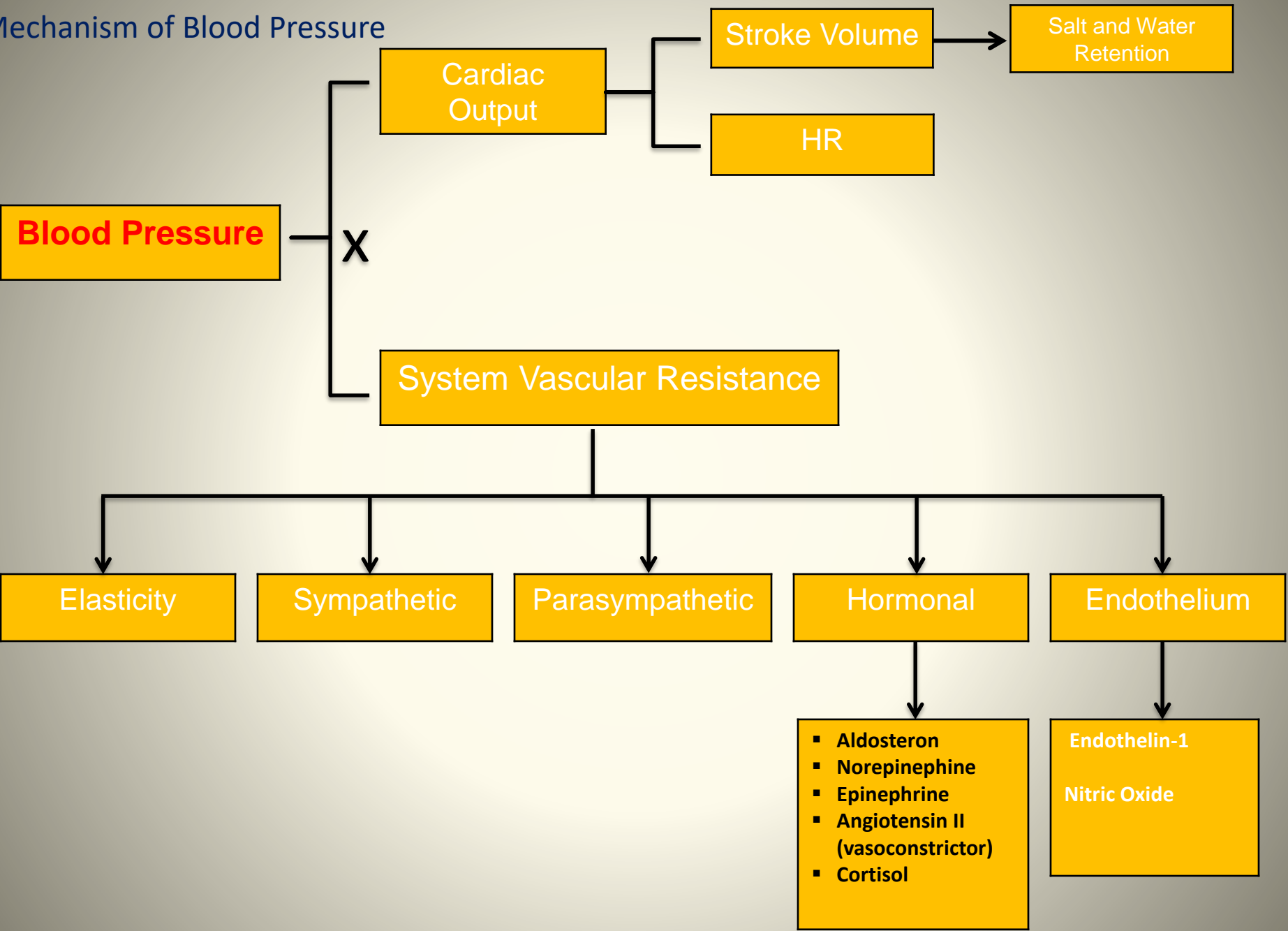


**Only 72% are aware of their disease**

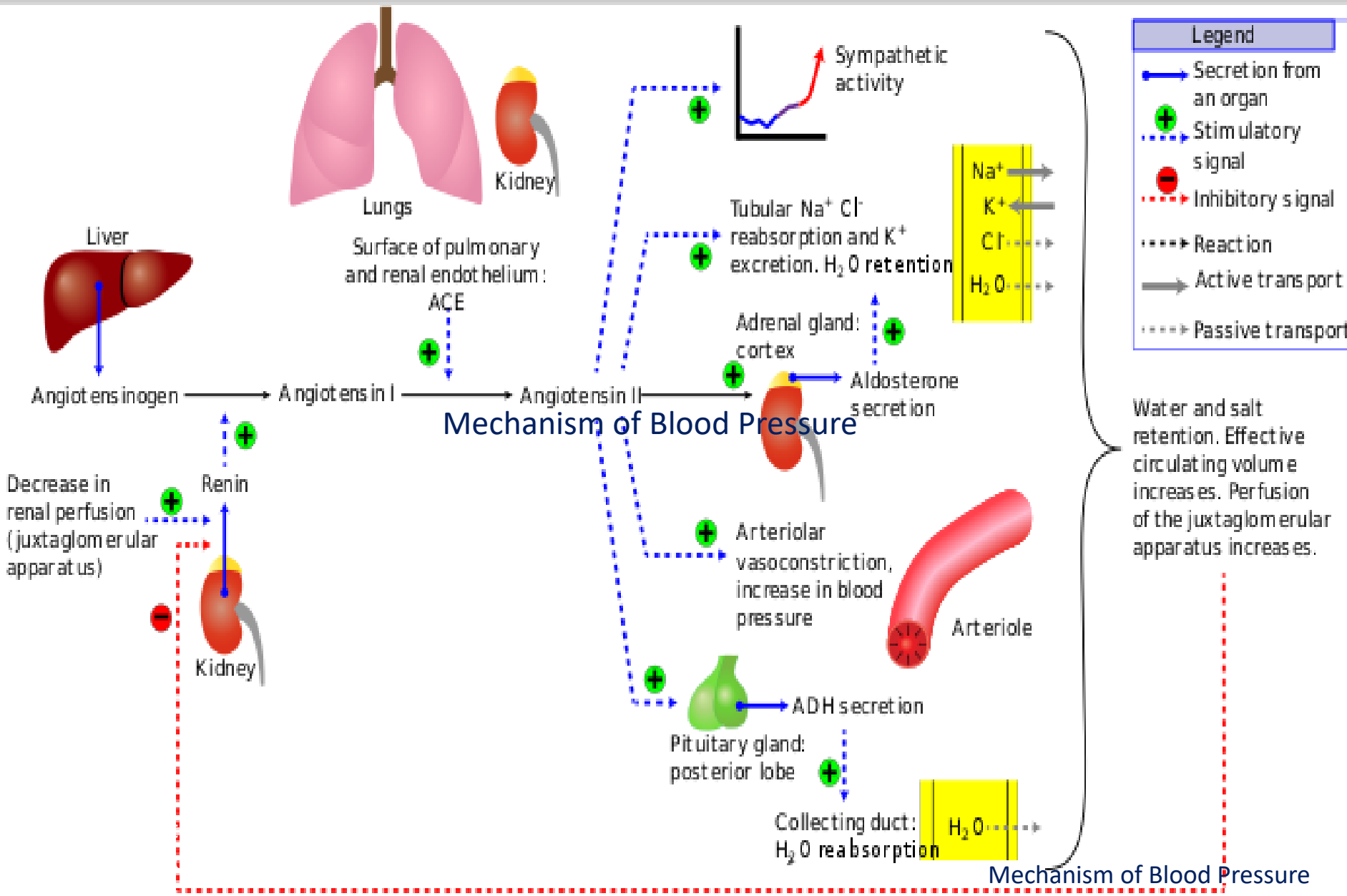


**55% of participants on medication for hypertension had their blood pressure uncontrolled**

# Mechanism of Blood Pressure



# Renin-angiotensin-aldosterone system





# Treatment "Essential "Hypertension?

Sympathetic  
Nervous System  
Activation

Beta  
Blockers

Renal Sodium and Water  
Retention

Diuretics

Renin Angiotensin  
Aldosterone  
System  
Activation

ACE-inhibitor,  
ARB

Vascular  
resistance

Direct vascular  
dilation –  
Ca<sup>2+</sup> Channel Blocker

# Hypertension

- ✚ In 90%-95% of cases no cause can be found primary hypertension (essential)
- ✚ Secondary hypertension 5-10%

# Essential HTN

## □ Risk factors (modified)

- ✗ Obesity---metabolic syndrome
- ✗ Unhealthy diet—Excessive salt intake--low potassium intake
- ✗ Excessive alcohol intake
- ✗ Polycythemia
- ✗ Lack of exercise
- ✗ Non-steroid anti-inflammatory drugs

## □ Risk factors (Non modified)

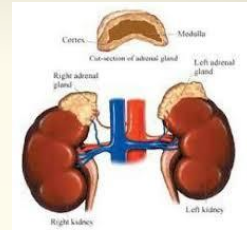
- ✗ Family history of essential HTN
- ✗ Aging
- ✗ Race & genetic

□ Caffeine and smoking increase the BP acutely but are not risk factors for the development of chronic essential HTN

# Secondary Hypertension

+ Primary renal disease(CKD)

+ Renovascular disease



+ Oral contraceptives

+ Sleep apnea syndrome



+ Primary hyperaldosteronism



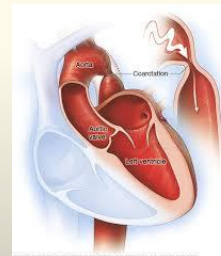
+ Cushing's syndrome



+ Pheochromocytoma

+ Other endocrine disorders

+ Coarctation of the aorta



# Types Of BP Apparatuses

Non-automated device  
[non-AOBP]



Half automated device



Automated Device



Digital Type

- Finger and/or wrist BP measuring devices are not recommended
- **AOBP** is the preferred method of performing in-office BP measurement



# Type of Instrument of Blood Pressure Measurement



Home Blood Pressure Monitoring

# Automated Blood Pressure Tru Device (Automated Office Blood pressure)



Automated  
BpTRU™ BP Devices



© Continuing Medical Implementation

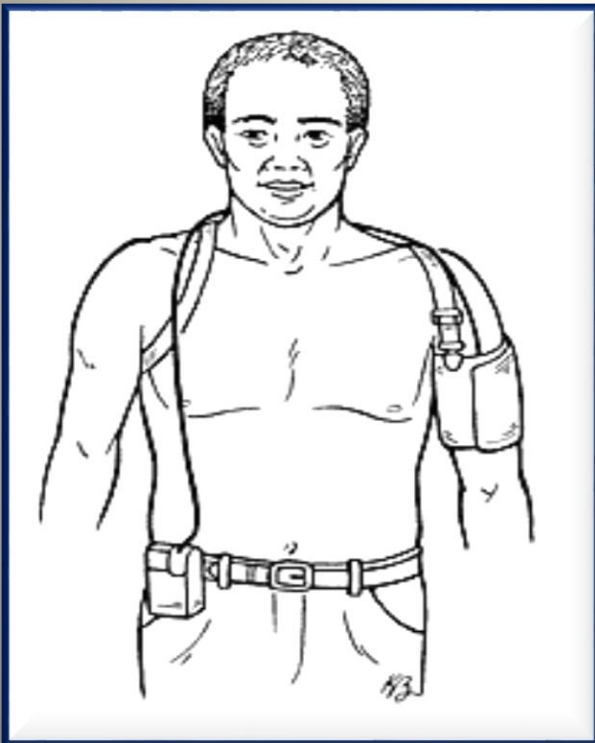
.....bridging the care gap



AOBP  $\geq 135$  or more than 85



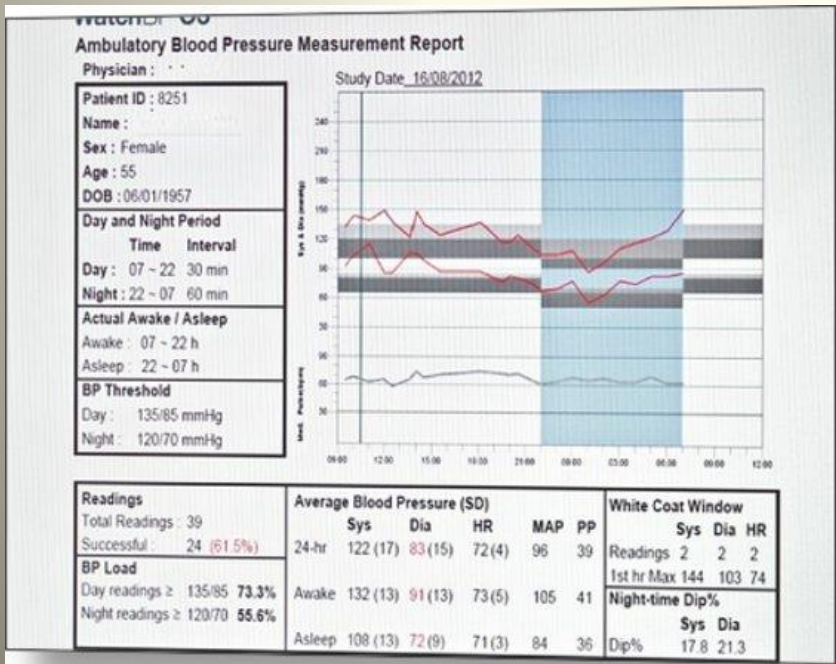
# Ambulatory Pressure Monitoring







Number	Date	Time	Systole	MAP	Diastole	Heart rate	Comment
1	11/15/2016	14:26	151 $\phi$	122	102 $\phi$	83	Manual
2	11/15/2016	14:30	150 $\phi$	110	83	87	
3	11/15/2016	14:45	145 $\phi$	116	97 $\phi$	84	
4	11/15/2016	15:00	143 $\phi$	117	96 $\phi$	77	
(5)	11/15/2016	15:18					Failure (E3)
(6)	11/15/2016	15:33					Failure (E3)
7	11/15/2016	15:48	149 $\phi$	116	93 $\phi$	91	
8	11/15/2016	16:00	148 $\phi$	122	101 $\phi$	83	
9	11/15/2016	16:15	142 $\phi$	115	93 $\phi$	74	
(10)	11/15/2016	16:33					Failure (E3)
11	11/15/2016	16:48	150 $\phi$	127	109 $\phi$	100	
12	11/15/2016	17:00	128	112	98 $\phi$	127	
(13)	11/15/2016	17:18					Failure (E1)
(14)	11/15/2016	17:33					Failure (E1)
15	11/15/2016	17:45	145 $\phi$	108	81	86	
16	11/15/2016	18:00	155 $\phi$	120	96 $\phi$	93	
17	11/15/2016	18:15	172 $\phi$	110	70	98	
18	11/15/2016	18:30	141 $\phi$	96	71	112	
19	11/15/2016	18:45	153 $\phi$	106	70	101	
20	11/15/2016	19:00	149 $\phi$	118	98 $\phi$	90	
21	11/15/2016	19:15	148 $\phi$	119	101 $\phi$	91	
22	11/15/2016	19:30	149 $\phi$	120	99 $\phi$	105	
23	11/15/2016	19:45	178 $\phi$	116	76	94	
24	11/15/2016	20:00	161 $\phi$	134	112 $\phi$	91	
25	11/15/2016	20:19	152 $\phi$	123	101 $\phi$	79	
26	11/15/2016	20:53	147 $\phi$	118	98 $\phi$	74	
27	11/15/2016	20:48	137	105	84	60	
28	11/15/2016	21:00	130	102	83	60	
29	11/15/2016	21:15	126	93	71	54	
30	11/15/2016	21:30	126	96	76	57	
31	11/15/2016	21:45	102	76	58	63	
32	11/15/2016	22:03	126	99	78	59	
33	11/15/2016	22:15	124	101	83	58	
34	11/15/2016	22:30	116	97	81	59	
35	11/15/2016	22:45	98	72	53	57	
36	11/15/2016	23:00	105	87	72	59	
37	11/15/2016	23:15	111	86	68	54	
38	11/15/2016	23:30	110	87	67	61	
39	11/15/2016	23:45	113	86	68	65	
40	11/16/2016	00:00	108	82	63	64	
41	11/16/2016	00:30	112	96	84 $\phi$	79	
42	11/16/2016	01:00	118	91	73	61	
43	11/16/2016	01:30	112	86	65	63	
44	11/16/2016	02:00	106	80	62	56	
45	11/16/2016	02:30	112	84	65	57	
46	11/16/2016	03:00	122	100	83 $\phi$	47	
47	11/16/2016	03:30	121	96	78	58	



normal 24-hour ambulatory BP is less than **130/80** mm Hg.

normal day time BP levels less than **135/85**

Normal night time BP less than **120/70** mm Hg

## Choosing the correct blood pressure cuff size

Measure the circumference of your upper arm with a cloth measuring tape midway between the elbow and shoulder. Choose a cuff size that includes this measurement.



## Position for taking your blood pressure at home

- 1 Rest for 5 minutes before measuring your blood pressure.
- 2 Sit in a chair with both feet flat on the ground and back straight.
- 3 Place your arm at the level of your heart or chest.
- 4 Stay still and do not talk as your blood pressure machine operates.



Measure your blood pressure in the morning right after you wake up or in the evening before you go to bed.

Try to measure your blood pressure at the same time every day.





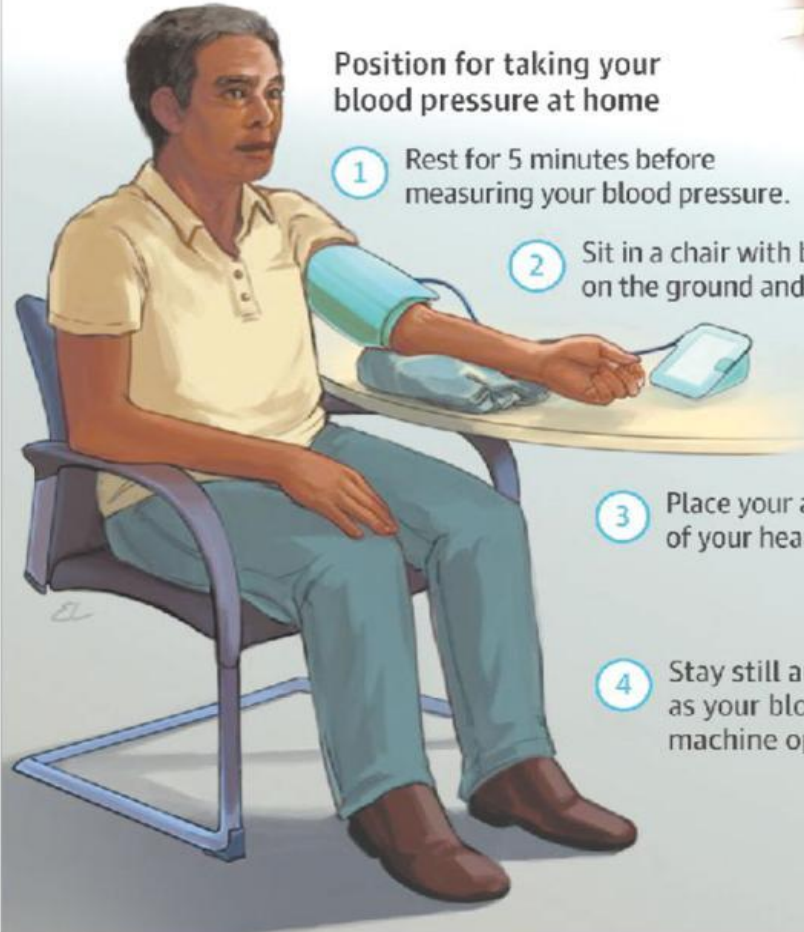
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# Blood Pressure

- ✦ Apply to adults on no antihypertensive medications and who are not acutely ill.
- ✦ If there is a disparity in category between the systolic and diastolic pressures, the higher value determines the severity of the hypertension.
- ✦ Measure blood pressure to arm the high reading.

# Office blood pressure measurement

- ✚ To allow the patients to sit for 3–5 minutes before beginning BP measurements
- ✚ Back straight and arm supported at heart level
- ✚ Take at least two BP measurements, spaced 1–2 min apart, and additional measurements if the first two are quite different.
- ✚ Consider the average BP if deemed appropriate.
- ✚ To use a standard bladder (12–13 cm wide and 35 cm long)
- ✚ A larger bladder for larger arm (circumference >32 cm)
- ✚ The bladder of the pressure cuff should encircle at least 80% of the upper arm







***6 different size***

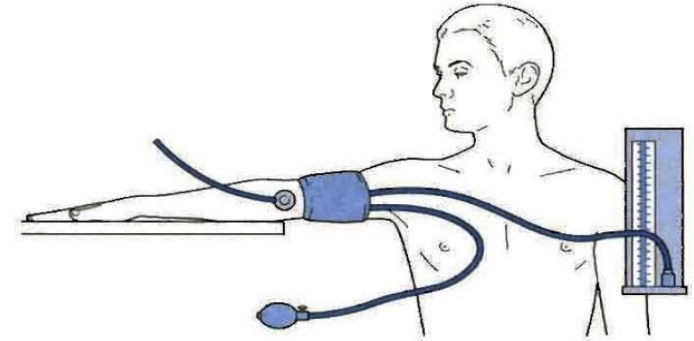


# Office blood pressure measurement

- ✚ Place the cuff at the heart level, whatever the position of the patient.
- ✚ Measure BP in both arms at first visit to detect possible differences. In this instance, take the arm with the higher value as the reference.
- ✚ Measure BP in sitting and standing position in elderly subjects and diabetic patients
- ✚ Use phase I and V (disappearance) Korotkoff sounds to identify systolic and diastolic BP, respectively.

# Korotkoff sounds

Phase	Korotkoff sounds	Pressure
		120 mmHg systolic
I	A thud	
		110 mmHg
II	A blowing noise	
		100 mmHg
III	A softer thud	
		90 mmHg diastolic (1st)
IV	A disappearing blowing noise	
		80 mmHg diastolic (2nd)
V	Nothing	



المرحلة	أصوات كورتكوف	الضغط
		١٢٠ مم زئبق انقباض
١	جلجلة	
		١١٠ زئبق
٢	ضربة مزعجة	
		١٠٠ زئبق
٣	جلجلة ناعمة	
		٩٠ مم زئبق انقباضي (الأول)
٤	ضربات ناعمة مختفية	
		٨٠ مم زئبق انقباضي (الثاني)
٥	لا شيء	

شكل ١ - ٢ القيام بقياس ضغط الدم

- ✚ The diagnosis of mild hypertension should not be made until the blood pressure has been measured on at least two time in three visits**
- ✚ Average of 10 to 15 mmHg decrease between visits 1 and three**

# White Coat Hypertension

- + a phenomenon in which patients exhibit a blood pressure level above the normal range, in a clinical setting, though they do not exhibit it in other settings
- + Approximately 20 to 25% of patients with mild office hypertension
- + More common in elderly

# European Society of Nephrology Classification of Blood Pressure Levels

Category	Systolic blood pressure (mmHg)	Diastolic blood pressure (mmHg)
Optimal blood pressure	<120	<80
Normal blood pressure	<130	<85
High-normal blood pressure	130-139	85-89
Grade 1 hypertension (mild)	140-159	90-99
Grade 2 hypertension (moderate)	160-179	100-109
Grade 3 hypertension (severe)	$\geq 180$	$\geq 110$
Isolated systolic hypertension	$>140$	$<90$

## Categories of BP in Adults\*

BP Category	SBP		DBP
Normal	<120 mm Hg	and	<80 mm Hg
Elevated	120–129 mm Hg	and	<80 mm Hg
<b>Hypertension</b>			
Stage 1	130–139 mm Hg	or	80–89 mm Hg
Stage 2	$\geq 140$ mm Hg	or	$\geq 90$ mm Hg

\*Individuals with SBP and DBP in 2 categories should be designated to the higher BP category.

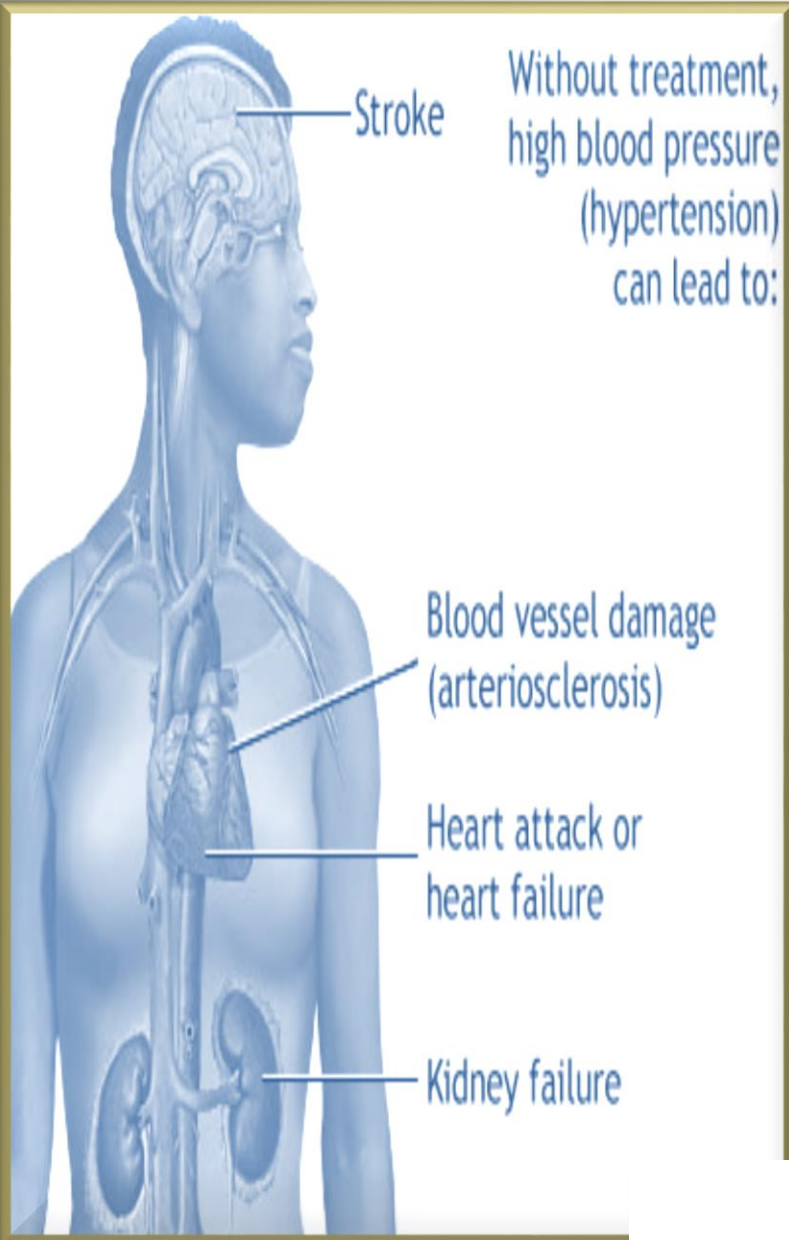
BP indicates blood pressure (based on an average of  $\geq 2$  careful readings obtained on  $\geq 2$  occasions, as detailed in DBP, diastolic blood pressure; and SBP systolic blood pressure.



# Definitions of hypertension by office and out-of-office blood pressure levels

Category	Systolic BP (mmHg)		Diastolic (mmHg)
Office BP	≥140	and/or	≥90
Ambulatory BP			
Daytime (or awake)	≥135	and/or	≥85
Nighttime (or sleep)	≥120	and/or	≥70
24 h	≥ 130	and/or	≥80
Home BP	≥135	and/or	≥85

# COMPLICATIONS



Stroke, Ischemia, Hemorrhage, Alzheimer's Disease, Cognitive, retinal hemorrhage

CAD, ECG, Arrhythmia, Sudden Death

CHF  
LVH  
Aortic Dissection

Renal Disease

Peripheral Vascular Disease

Hypertensive crises urgency & Emergency



**Hypertension**



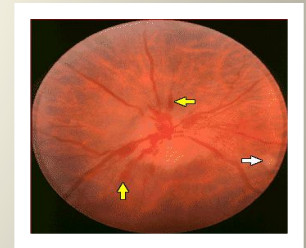
# Hypertensive crises

## Hypertensive Emergency

**Severe hypertension** ( systolic BP  $>180-220$  mm Hg or diastolic blood pressure above 120 mmHg) with  
**+ end organ damage** (MI,STROKE,AKI,CHF)

## Malignant (Accelerated) Hypertension

- + hypertensive emergency
- + systolic BP  $>180-220$  mm Hg or diastolic blood pressure above 110-120 mmHg
- + with encephalopathy &
- + retinal hemorrhages, exudates, or papilledema



**Hypertensive Crises necessitate immediate therapy to decrease BP within minutes to hours**

**usually admitted to an intensive care unit for continuous cardiac monitoring**

# Hypertensive Urgency

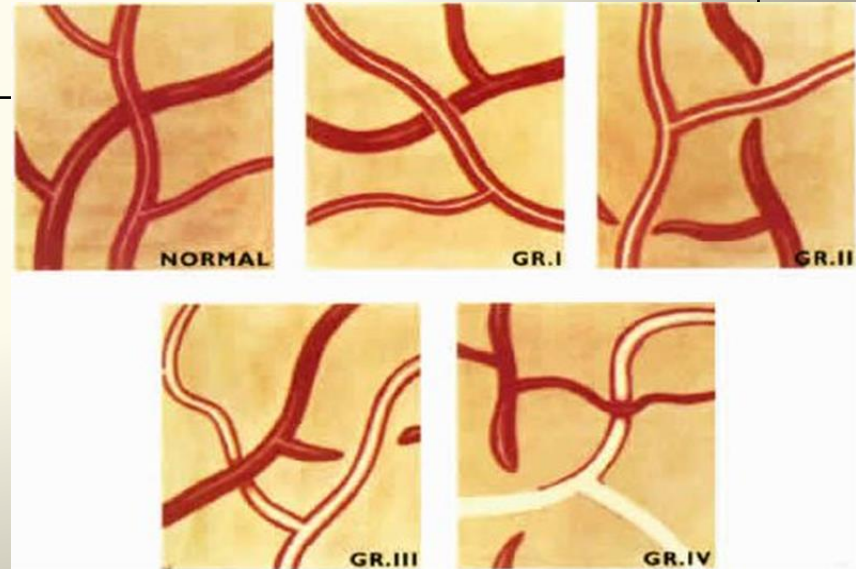
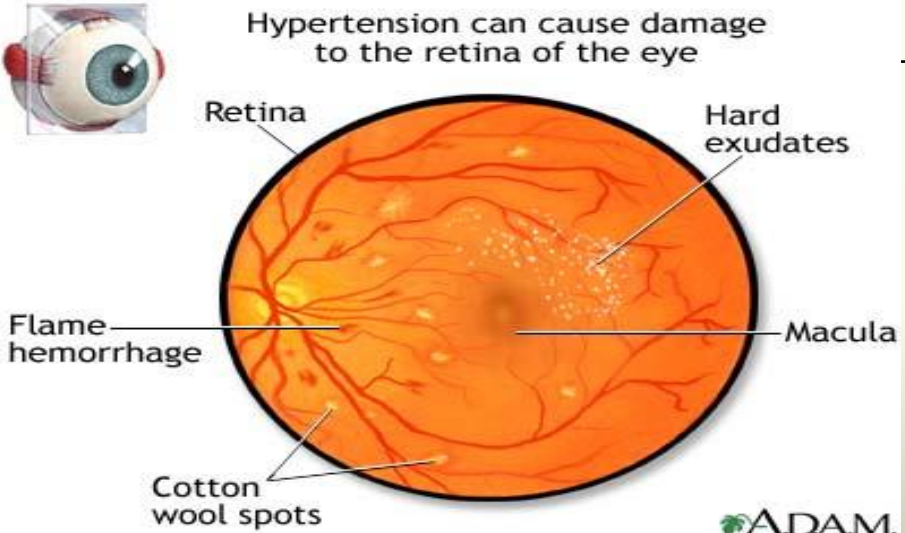
(Marked elevated BL Pressure)

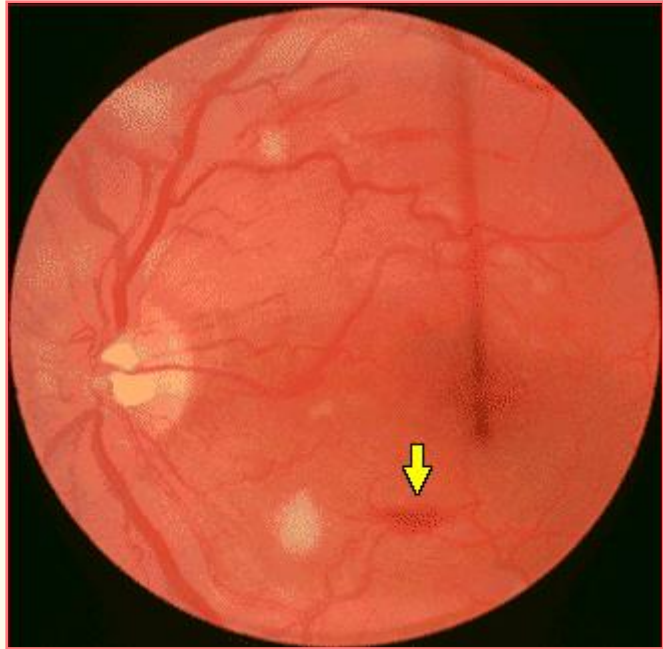
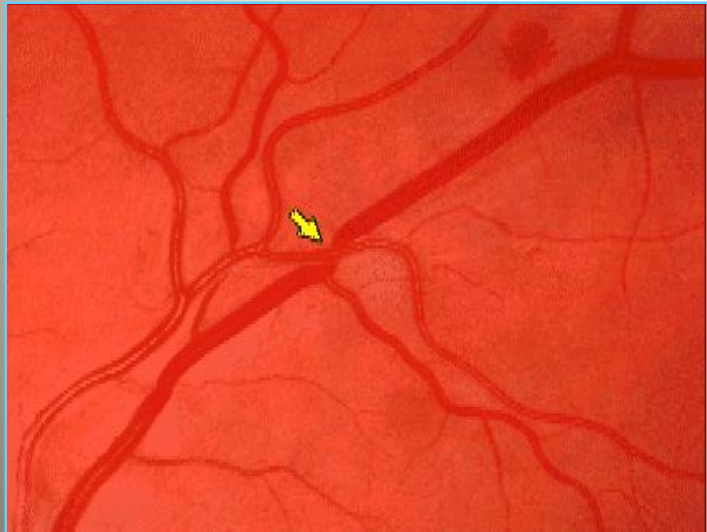
- ✚ **Severe hypertension** ( systolic BP >180-220 mm Hg or diastolic blood pressure above 110- 120 mmHg) in asymptomatic patients with
- ✚ **no evidence of target organ damage.**
- ✚ There is no proven benefit from rapid reduction in BP in asymptomatic patients who have no evidence of acute end-organ and are little short-term risk.
- ✚ The goal of therapy is with these cases is to reduce BP within 24 hours.



# HYPERTENSIVE RETINOPATHY

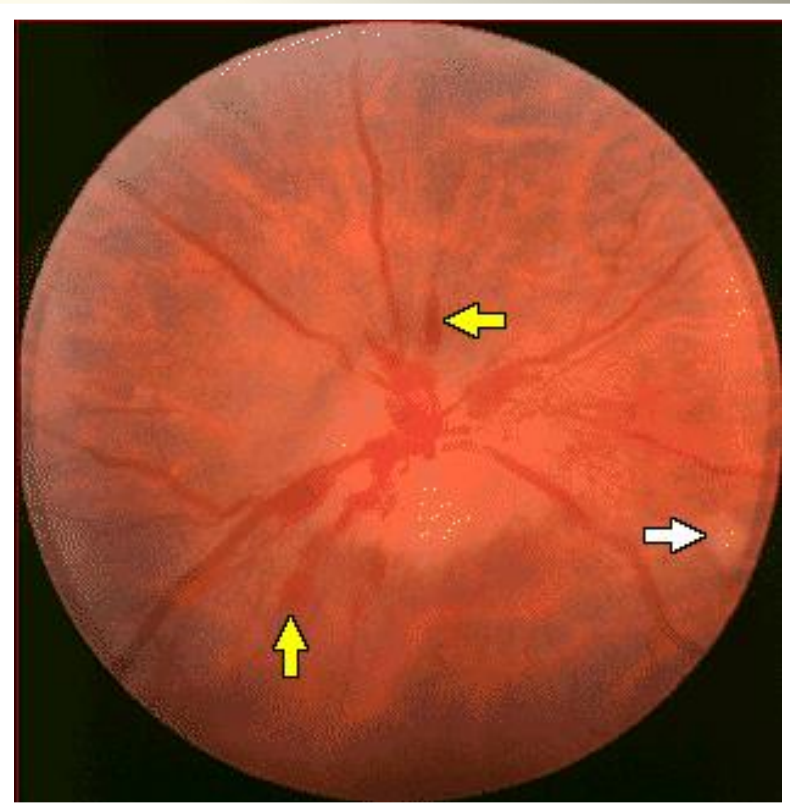
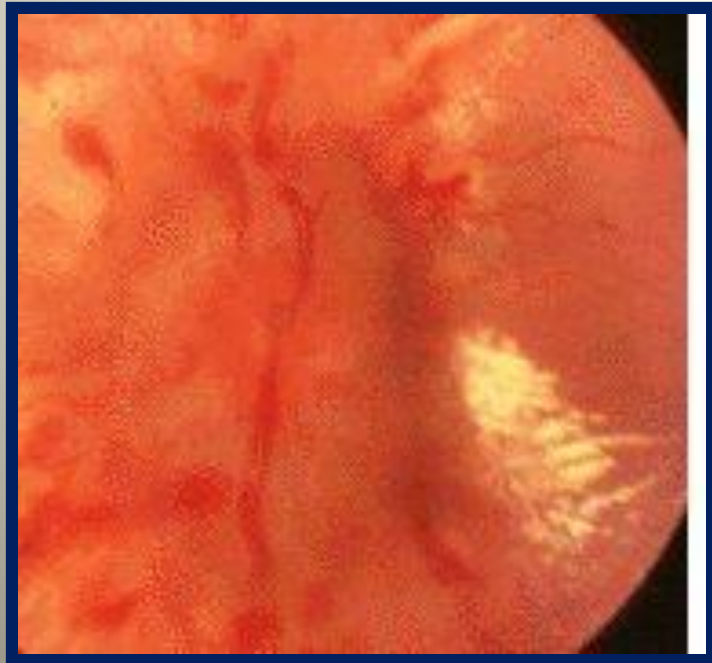
Grade	Description
I	Minimal narrowing of retinal arteries
II	Narrowing of retinal arteries in conjunction with regions of focal narrowing and arterio-venous nipping
III	Abnormalities seen in Grade 1 and II, as well as retinal hemorrhages, hard exudation and cotton wool spots.cupper wiring BL Vessels
IV	Abnormalities encountered in Grades I through III, as well as swelling of the optic nerve head and macular star





# Hypertensive Retinopathy Grade 4

Papilledema from malignant hypertension. There is blurring of the borders of the optic disk with hemorrhages (yellow arrows) and exudates (white arrow)





# Diagnosis Hypertension

## Clinical Presentations:

- ✚ Asymptomatic
- ✚ Headache
- ✚ Epistaxis
- ✚ Chest discomfort
- ✚ Symptom of complications

## Screening:

- ✚ Every one years for persons with systolic and diastolic pressures below  $< 120$  mmHg and  $80$  mmHg
- ✚ Every 3-6months for persons with systolic and diastolic pressures higher  $>120$  mmHg and  $80$  mmHg



# Physical Examination

1. Confirm the diagnosis of hypertension
2. Detect causes of secondary hypertension
3. Assess CV risk
4. Organ damage
5. Concomitant clinical conditions.

**Important aspects of the physical examination in the hypertensive patient****Accurate measurement of blood pressure****General appearance**

Distribution of body fat

Skin lesions

Muscle strength

Alertness

**Fundoscopy**

Hemorrhage

Papilledema

Cotton-wool spots

**Neck**

Palpation and auscultation of carotids

Thyroid

**Heart**

Size

Rhythm

Sounds

**Lungs**

Rhonchi

Rales

**Abdomen**

Renal masses

Bruits over aorta or renal arteries

Femoral pulses

**Extremities**

Peripheral pulses

Edema

**Neurologic assessment**

Visual disturbance

Focal weakness

Confusion

# Laboratory Tests

## + Routine Tests

- ✗ Electrocardiogram
- ✗ Urinalysis
- ✗ Serum sodium, serum potassium, creatinine, or the corresponding estimated GFR, and calcium
- ✗ Blood glucose, and hematocrit
- ✗ Lipid profile, after 9- to 12-hour fast, that includes high density and low-density lipoprotein cholesterol, and triglycerides

## + Optional tests

- ✗ Measurement of urinary albumin excretion or albumin/creatinine ratio

+ More extensive testing for identifiable causes is not generally indicated unless BP control is not achieved





# WHEN TO TREAT

BP mmHg	CVD Risk*	Lifestyle modifications	Drug Therapy	Reassess, in months
<120/80	NO	NO	NO	12
120 – 129/<80 Elevated BL pressure	NO	Yes	NO	3 to 6
130 – 139/80-89	< 10%	Yes	NO	3 to 6
130 – 139/80-89	≥ 10%	Yes	Yes	1
≥ 140/90	NO	Yes	Yes (One pill dbls combination)	1

Using the ACC/AHA Pooled Cohort Equations  
 Age, Race, Sex, BP, Cholesterol, DM, Treatment of HTN, Tobacco use  
 Patients with DM or CKD = high-risk

Salt Restriction:  
 Weight Loss  
 DASS Diet: rich in  
 Fruits, vegetables,  
 low-fat dairy  
 Exercise  
 limited Alcohol  
 Intake

## Heart Risk Calculator

Age (years)	<input type="text" value="40-79"/>
Gender	<input checked="" type="radio"/> Male <input type="radio"/> Female
Race	<input type="radio"/> African American <input checked="" type="radio"/> Other
Total cholesterol (mg/dL)	<input type="text" value="130-320"/>
HDL cholesterol (mg/dL)	<input type="text" value="20-100"/>
Systolic blood pressure (mmHg)	<input type="text" value="90-200"/>
Diastolic blood pressure (mmHg)	<input type="text" value="30-140"/>
Treated for high blood pressure	<input checked="" type="radio"/> No <input type="radio"/> Yes
Diabetes	<input checked="" type="radio"/> No <input type="radio"/> Yes
Smoker	<input checked="" type="radio"/> No <input type="radio"/> Yes
<input type="button" value="Calculate"/>	

This tool estimates the 10-year risk for atherosclerotic cardiovascular disease (ASCVD) which is defined as coronary death or nonfatal myocardial infarction, or fatal or nonfatal stroke.

# LIFESTYLE MODIFICATIONS

**Weight loss** —————→ **1 mm Hg/ 1kg loss**

**Dash-type diet** —————→ **11 mmHg**

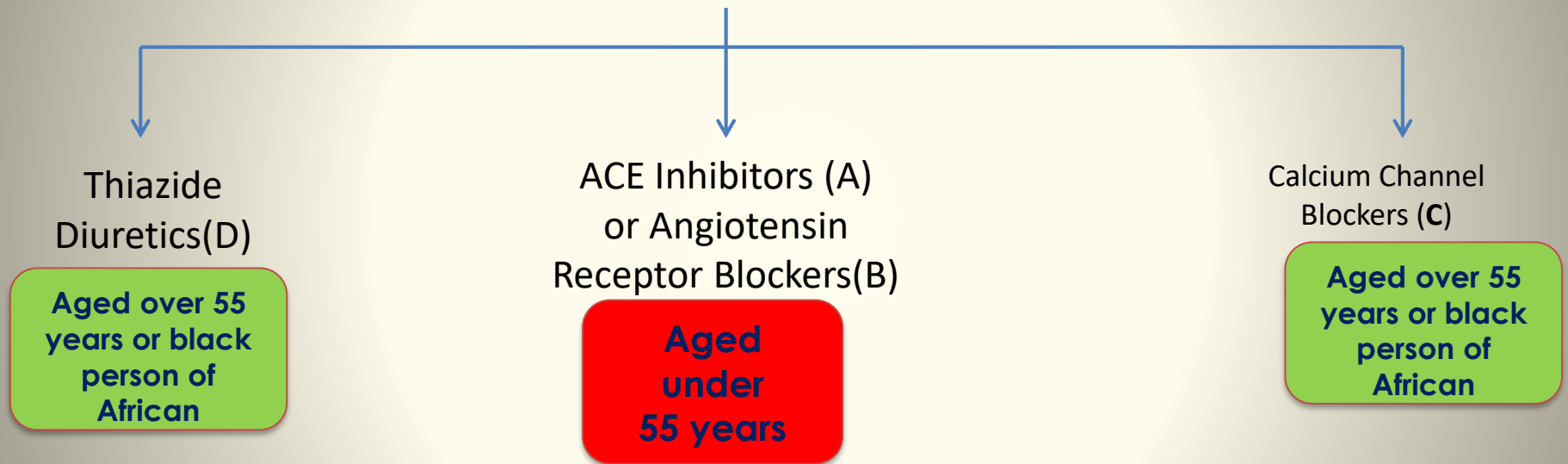
**Reduce dietary sodium (1500 mg)** —————→ **5-6 mmHg**

**Increase dietary potassium (3500 mg)** —————→ **4-5 mm Hg**

**Aerobic exercise 90 – 150 min/week** —————→ **5-8 mm Hg**

**Reduce/ stop alcohol intake** —————→ **4 mm Hg**

# INITIAL CHOICE OF MEDICATION



A – ACE inhibitor  
B-angiotensin II receptor blocker (ARB)<sup>12</sup>  
C – Calcium-channel blocker (CCB)<sup>13</sup>  
D – Thiazide-like diuretic

If BP > 20/10 mmHg above goal (140/90), may start with 2 BP lowering medications

**A(B) + C or A(B)+D      One pill dual combination**

**DO NOT USE ACEI(A) +Angiotensin receptor blockers(B) Together**

**DO NOT START with B-BLOCKER**



# High Risk Group Therapy

- ✚ CHF – Thiazide, ACE-1, Aldosterone, BB
  - ✚ Post Myocardial Infarction – BB, ACEi
  - ✚ Diabetes Mellitus – proteinuria ACEi, ARB, NO
  - ✚ Nonproteinuria Thiazide, CCB, ARB, ACEi
  - ✚ CKD – ACEi, ABB, Thiazide
  - ✚ Stroke – CCB +ACEi
  - ✚ Pregnancy Aldomet ,labetalol, Ca channel bloocker
  - ✚ **Start in  $>130/80(130 - 139)/(85 - 89)$  mmHg**  
**Lifestyle change +Medication**
- BP target of less than 130/80 Hg is recommended

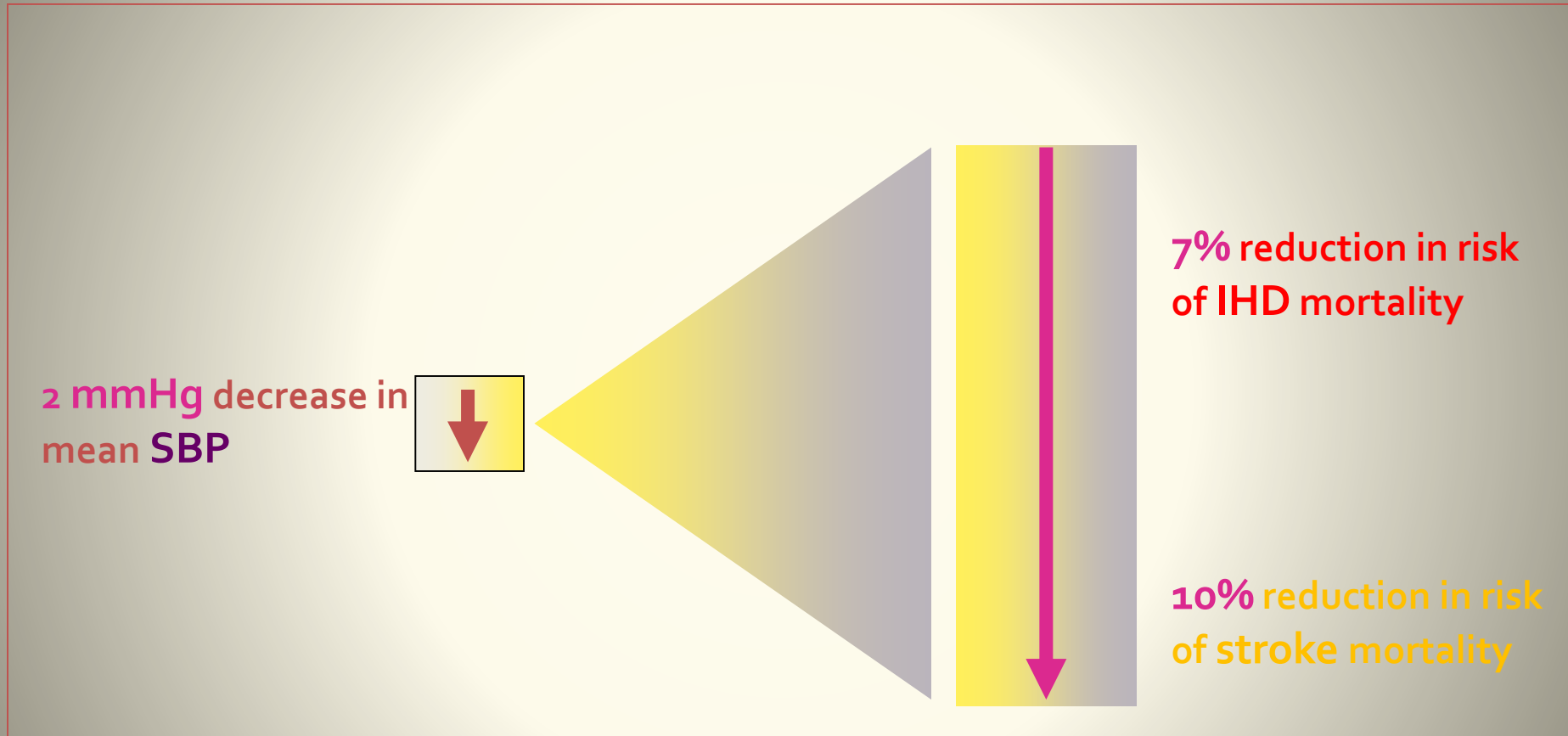
# Anti-hypertensive Medications and Complications

- ✚ Diuretics → Hypokalemia
- ✚  $\beta$ -Adrenergic Blocking Agents → Bradycardia
- ✚ Angiotensin-Converting Enzyme Inhibitors → Hyperkalemia + cough
- ✚ Angiotensin II Receptor Blockers → Hyperkalemia
- ✚ Calcium Channel Blocking Agents → Edema + Tachycardia + Bradycardia
- ✚  $\alpha$ -Adrenoceptor Antagonists → 1<sup>st</sup> dose hypotension
- ✚ Drugs with Central Sympatholytic Action → Drowsiness
- ✚ Arteriolar Dilators → Tachycardia + Edema

**BP GOAL FOR PATIENTS WITH  
HYPERTENSION**

**130/80**

# Blood Pressure Reductions as Little as 2 mmHg Reduce the Risk of Cardiovascular Events by up to 10%



*Meta-analysis of 61 prospective, observational studies conducted by Lewington et al involving one million adults with no previous vascular disease at baseline mmHg*



# Benefits of Lowering BP

<b>Average Percent Reduction</b>	
<b>Stroke incidence</b>	<b>35–40%</b>
<b>Myocardial infarction</b>	<b>20–25%</b>
<b>Heart failure</b>	<b>50%</b>
<b>Renal Failure</b>	<b>35-50%</b>



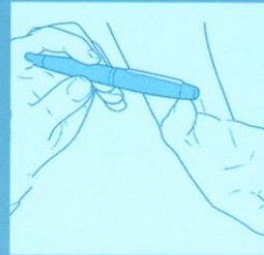
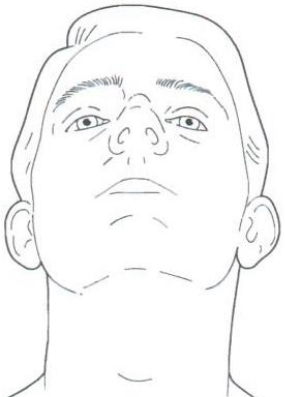
تأليف

نيكولاس ج. تالي سيمون أوكونر

# كتاب الفحص الإكلينيكي الجيبي

ترجمة

أ.د. جمال بن صالح الوكيل



جامعة الملك سعود

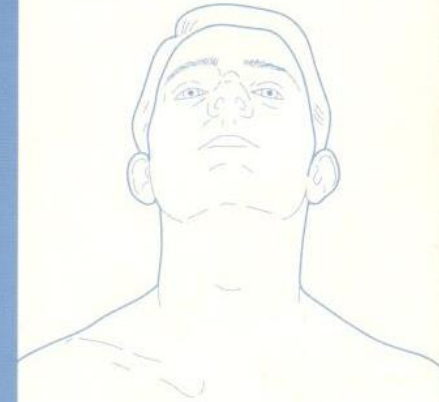
النشر العلمي والمطابع



NICHOLAS J TALLEY  
SIMON O'CONNOR

# POCKET CLINICAL EXAMINATION

SECOND EDITION



## summary

- **The overall prevalence of hypertension in adults is around 30 - 45%**
- **Need proper technique in measurement**
- **Lead cause coronary death or myocardial infarction, CHF or fatal or nonfatal stroke, CKD**
- **Threshold of treatment start 130/80 mm Hg**
- **Target treatment < 130/80 mm Hg**
- **nonpharmacological and antihypertensive drug are effective to reduce all complications in all ages**

Thank you