

Hypertension Evaluation and Management

Developed by	Society of General Internal Medicine (SGIM)
How developed	Literature was reviewed and recommendations were established by consensus within SGIM's work group.
Additional essential patient information	<ul style="list-style-type: none"> • Representative home and/or office blood pressure measurements • History of previous treatment for hypertension, if any
Additional patient information, if available	<ul style="list-style-type: none"> • Evidence or history of diabetes and hemoglobin A_{1c}, hyperlipidemia, or vascular disease • Recent electrolytes, complete blood count, thyroid stimulating hormone, blood urea nitrogen, and creatinine levels • Urinalysis and urine chemistry (i.e. urine protein, creatinine) • Electrocardiogram
Alarm symptoms/conditions	<ul style="list-style-type: none"> • Significant elevations over baseline, such as 180/120 mm Hg • Evidence of end organ damage, such as headache or chest pain • For current acute end organ disease associated with extreme hypertension, please refer directly to the emergency department
Tests/procedures to avoid prior to consult	None provided
Common rule-outs to consider prior to consult	None provided
Relevant "Choosing Wisely" elements	None provided
Healthcare professional and/or patient resources	2013 Practice guidelines for the management of arterial hypertension of the European Society of Hypertension (ESH) and the European Society of Cardiology (ESC): ESH/ESC Task Force for the Management of Arterial Hypertension. J Hypertens. 2013;31 (10):1925.