

◆ = MANDATORY / BASELINE FIELDS

◆ PATIENT NAME		◆ HEALTH # (E.G., BC PHN)		◆ DATE OF VISIT (DD-MMM-YYYY)	
◆ BIRTHDATE (DD-MMM-YYYY)	◆ GENDER <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE	◆ PHONE (INCLUDE AREA CODE)	CHART NUMBER		
PRACTICE TEAM ID		◆ PROVIDER ID (MSP PRACTITIONER NUMBER / NAME)		DATE OF DIAGNOSIS (DD-MMM-YYYY)	

CO-MORBID CONDITIONS

<input type="checkbox"/> ALCOHOL OVERUSE	<input type="checkbox"/> CARDIOMYOPATHY	<input type="checkbox"/> DEPRESSION	<input type="checkbox"/> LIPID ABNORMALITY	<input type="checkbox"/> PVD	<input type="checkbox"/> VALVULAR HD
<input type="checkbox"/> ARTHRITIS	<input type="checkbox"/> CHF	<input type="checkbox"/> DIABETES	<input type="checkbox"/> LIVER DISEASE	<input type="checkbox"/> SMOKING	
<input type="checkbox"/> ASTHMA	<input type="checkbox"/> CAD	<input type="checkbox"/> HYPERTENSION	<input type="checkbox"/> OBESITY	<input type="checkbox"/> STROKE - CVD	
<input type="checkbox"/> ATRIAL FIBRILLATION	<input type="checkbox"/> COPD	<input type="checkbox"/> KIDNEY DISEASE	<input type="checkbox"/> OTHER RHYTHM PROBLEM	<input type="checkbox"/> SUBSTANCE ABUSE	

REVIEW	PATIENT DATA, BY DATE	MOST RECENT DATA	NEW DATA (✓ = RECALL)
	BP (Seated) - <i>Target</i>		<input type="checkbox"/> 140/90 Hypertension <input type="checkbox"/> 130/80 Diabetes & CKD
BP & SLEF MANAGEMENT	◆ BP (Seated) - <i>Actual</i> (enter value, e.g., 120/80)		ENTER VALUE /
	◆ Smoking - Y/N If Y: packs/day		<input type="checkbox"/> YES <input type="checkbox"/> NO Per day: <input type="checkbox"/> <10 cigs <input type="checkbox"/> <=1 pack <input type="checkbox"/> >1pack
	Activity Level (at least 30 mins, 5 days/wk)		<input type="checkbox"/> REVIEWED
	Salt Intake		<input type="checkbox"/> REVIEWED
	Alcohol Use <i>Risk: M>14 drinks/wk; F>7drinks/wk</i>		EXCESS CONSUMPTION <input type="checkbox"/> YES <input type="checkbox"/> NO
	Waist Circumference <i>Caucasian: M ≤102; F ≤88. Asian: M ≤90, F ≤80</i>		ENTER VALUE (cm)
	Weight Target		ENTER VALUE & UNITS <input type="checkbox"/> LBS <input type="checkbox"/> KG
	Height and Weight (calculated BMI Target <27)		<input type="checkbox"/> LBS <input type="checkbox"/> FT IN <input type="checkbox"/> KG <input type="checkbox"/> CM - or - BMI:
MEDICATIONS/EFFECTS/TESTS	Diuretic - First Choice (Use comments field if desired)		<input type="checkbox"/> YES <input type="checkbox"/> TRIED OR <input type="checkbox"/> NO NOT SUITABLE
	Beta Blocker		<input type="checkbox"/> YES <input type="checkbox"/> TRIED OR <input type="checkbox"/> NO NOT SUITABLE
	ACE/ARB		<input type="checkbox"/> YES <input type="checkbox"/> TRIED OR <input type="checkbox"/> NO NOT SUITABLE
	Calcium Channel Blocker		<input type="checkbox"/> YES <input type="checkbox"/> TRIED OR <input type="checkbox"/> NO NOT SUITABLE
	ASA <i>If CVD Risk > 10% and age <70yrs</i>		<input type="checkbox"/> YES <input type="checkbox"/> TRIED OR <input type="checkbox"/> NO NOT SUITABLE
	◆ Fasting Glucose (mmol/L) <i>every 3 years</i>		ENTER VALUE
	Microalbumin Screen (ACR) <i>(<2.0 M; <2.8 F) Every 2nd yr if BP <160; Annually if BP >=160 systolic; and as indicated</i>		ENTER VALUE
	Kidney Function eGFR <i>(mL/min/1.73m²) Target >60</i>		ENTER VALUE
	LDL-C <i><2.5 mmol/L High Risk; <3.5 mmol/L Moderate</i>		ENTER VALUE
	◆ Lipid Ratio (TC/HDL) <i>< 4.0 High Risk; <5.0 Moderate</i>		Total CHOL: _____ HDL: _____ LIPID RATIO: _____
Triglycerides <i>Optimal: <2.5 mmol/L</i>		ENTER VALUE	
RISKS	◆ Ten-year CAD Risk (Framingham) for patients without Diabetes <i>High >=20%, target TC/HDL=4; Moderate <20%, target TC/HDL=5</i>		CALCULATED SCORE:

Self Management Reminders (discuss with patient)

- Explain the consequences of Hypertension
- Review medications & adverse effects
- Call Quit Now by Phone Helpline, toll free in BC: 1-877-455-2233
- Refer to guideline & patient resource sheet

- Set goals with patient:
 - Weight loss & exercise
 - Avoid excessive alcohol
 - Smoking cessation plan
 - Salt intake & diet (1-800-667-3438 or www.dialadietitian.org)

COMMENTS - Clinical Evaluation: consider end organ damage - eyes, heart/circulation, kidneys.