

3A(1b)

### **Management plan**

Describe a management plan illustrating a prescribing issue, referenced to a specific written national or local protocol, which you have used in the management of a patient with chronic disease in your practice. Your management plan should clearly illustrate compliance with the guidance.

Management Plan:

*Treatment of hypertension*

*55 year old patient*

**1995**

*? hypertensive. 180/110. Referred to hypertension clinic. Normal U & E's, normal echo, 24 hr mean BP 155/99. No evidence of end organ damage, patient not keen to start therapy. Advice re non drug measures and yearly monitoring suggested*

**1999**

*BP 180/106. BP each year runs at this level. Now father has a retinal vein thrombosis along with hypertension and further CVA. Keen to start treatment.*

**2000** *Practice protocol followed:*

*Jan Risk assessment – non-smoker, keeps fit, normal BMI, cholesterol 2.8l, alcohol within normal limits*

*June 3x high BP reading by practice nurse  
Started bendrofluazide 2.5mg  
Control still poor – atenolol 50mg added*

*Sept BP control still poor despite adequate B blockade*

*Nov Amlodipine 5 mg started  
Stopped due to ankle odema  
Ramipril 2.5 mg with pre and post starter U & E's  
Ramipril dose increased to 10mg – U & E's normal*

**2002**

*Now on routine review  
BP 130 /90  
6 monthly checks*

Please indicate for this patient where you used your guideline/evidence base in their management plan:

*Before starting antihypertensive therapy:*

*Routine bloods to assess end organ damage and three readings were made before therapy was started*

*Antihypertensive treatment:*

*First line use of a low dose thiazide diuretic or B blocker is recommended*

*2<sup>nd</sup>/3<sup>rd</sup> line treatment:*

*Additional add-in therapy using a calcium channel blocker was next*

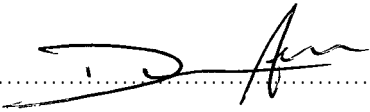
*Side effects or problems:*

*ACE added with monitoring of U & E's as per protocol*

*Final comment:*

*Perhaps at this stage aspirin should be added or we might continue to try to achieve lower BP*

EXAMPLE

Signed.......... Date..... 12/07/03.....  
Name..... David Adams.....