

## Tutorial Preparation sheet

### Explanation

Please spend approximately 30minutes jotting down some notes ready for your tutorial. The questions on this sheet are only a guide to form some thoughts in advance of the teaching session; **it is not an assessment.**

### Topic

Hypertension

- How do you explain blood pressure and hypertension to Patients?
- When do we treat hypertension & what are we trying to achieve?
- From memory, think & note some of the benefits, side-effects & contraindications of Ace inhibitors, B-Blockers, Ca<sup>2+</sup> channel blockers, Diuretics and Alpha blockers. refer to the BNF if you wish... (but don't spend ages doing this.)
- How do we manage lifestyle & hypertension?
- End Organ damage...how to we assess this in general practice?

- Which Guidelines are available and how do re use them?
- Recall a resent case of hypertension that you have managed & consider any clinical dilemma that you faced
- Should all hypertensives be on Aspirin and a statin?
- Any other notes

Thank-you for completing this form.Please send a copy of this to the Trainer before the Tutorial