

OVERVIEW OF “NEW HORIZONS IN HYPERTENSION” FAMILY PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

SFP2011: 37(4) (Suppl I): 6-7

INTRODUCTION

In Singapore, hypertension is the most common condition seen at the Government outpatient clinics and also a commonly encountered condition in GP clinics. Just over 50% of all strokes and about half of all ischaemic heart diseases are attributable to hypertension. Yet, the number of patients whose blood pressure is well controlled is less than 40% in a 2006 survey in Singapore. Clearly, there is a lot of improvement to be made. The readings on new horizons in hypertension care in 2011 are contributed by the panel of speakers in this Family Practice Skills Course: they cover Home BP monitoring, preferred choices of antihypertensives, the single pill combination, and renal sympathetic denervation therapy for the multidrug resistant hypertension, motivational interview, as well as information on cerebrovascular complications, peripheral artery disease, and renal vascular complications. The College thanks Novartis (Singapore) Pte Ltd for sponsoring this Family Practice Skills Course for primary care doctors. Come and update yourself and push up the prevalence of good BP control in your patients to far beyond 50%.

COURSE OUTLINE AND CME POINTS

This Family Practice Skills Course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

Components and CME Points

- Distance Learning Course – 6 units (6 Core FM CME points upon attaining a minimum pass grade of 60% in Distance Learning Online MCQ Assessment).
- 2 Seminars (2 Core FM CME points per seminar).
- 2 Workshops (1 Core FM CME point per workshop).
- 10 Readings – read 5 out of 10 recommended journals (maximum of 5 CME points for the whole CME year).

Distance Learning Course

Unit 1: Overview & Epidemiology of Hypertension in Singapore

A/Prof Terrance Chua Siang Jin

GOH LEE GAN, Associate Professor, Division of Family Medicine, University Medicine Cluster, National University Health System Senior Consultant, Institute of Family Medicine, College of Family Physicians Singapore

Unit 2 : Reduction of Cardiovascular Risk through Detection and Treatment of Episodic Hypertension and Blood Pressure Variability

Dr Goh Ping Ping

Unit 3 : Cerebrovascular and Peripheral-vascular Complications

Dr Chadachan Veerendra Melagireppa, Dr Tay Jam Chin

Unit 4 : Behaviour Modification

Dr Tan Yew Seng

Unit 5 : Therapeutic Considerations

Dr Akira Wu

Unit 6 : Renovascular Complications

Prof A Vathsala

COURSE TOPIC DETAILS

Unit 1: Overview & Epidemiology of Hypertension in Singapore

- Prevalence
- Undiagnosed hypertension
- Risk factors
- Blood Pressure Control
- Complications of hypertension
- Chronic disease programs

Unit 2: Reduction of Cardiovascular Risk through Detection and Treatment of Episodic Hypertension and Blood Pressure Variability

- Introduction
- What is BP variability
- Role of blood pressure variability in the development of cardiovascular risk
- Role of blood pressure monitoring in tracking and controlling BP variability
- Home BP monitoring (HBPM) and ambulatory BP monitoring (ABPM)
- Normal values
- Choice of antihypertensive agents

Unit 3: Cerebrovascular and Peripheral-vascular Complications

Cerebrovascular complications of hypertension

- Background
- Clinical evaluation
- Diagnosis
- Management of cerebrovascular complications
- Management in the pre-admission phase
- Management in the post-discharge phase
- Referral guidelines

Peripheral vascular complications of hypertension

- Background
- Clinical evaluation
- Diagnosis
- Management of patients with peripheral vascular disease
- Referral guidelines

Unit 4: Behaviour Modification

- Changing health threatening behaviours
- Understanding how change takes place
- What's in TTM for the practitioner?
- But the patient is just not motivated to change!
- How can we do it better?
- Is there a best way to behaviour change?
- Will I be able to have the time to do this?

Unit 5: Therapeutic Considerations

- Introduction
- Causes of hypertension
- Single pill combination therapy
- Renal denervation therapy

Unit 6: Renovascular Complications

- Prevalence of hypertension in the Singapore Population
- Renal effects of hypertension
- Management of hypertension

FACE-TO-FACE SESSIONS**Seminar 1: 15 October 2011****2.00pm – 4.15pm**

Unit 1 : Overview & Epidemiology of Hypertension in Singapore

A/Prof Terrance Chua Siang Jin

Unit 2 : Reduction of Cardiovascular Risk through Detection and Treatment of Episodic Hypertension and Blood Pressure Variability

Dr Goh Ping Ping

Unit 3 : Cerebrovascular and Peripheral-vascular Complications

*Dr Chadachan Veerendra Melagireppa***Workshop 1: 15 October 2011****4.30pm – 5.45pm**

Global Assessment on Cardiovascular Risks

*Dr Goh Ping Ping***Seminar 2: 16 October 2011****2.00pm – 4.15pm**

Unit 4 : Behaviour Modification

Dr Tan Yew Seng

Unit 5 : Therapeutic Considerations

Dr Akira Wu

Unit 6 : Renovascular Complications

*Prof A Vathsala***Workshop 2: 16 October 2011****4.30pm – 5.45pm**

DASH Diet Application

Gladys Wong