

Diagnosis and management

for patients with hypertension

A noncommunicable disease education manual for primary health care professionals and patients





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The Noncommunicable Disease Education Manual for Primary Health Care Professionals and Patients results from the contributions and hard work of many people. Its development was led by Dr Hai-Rim Shin, Coordinator, and Dr Warrick Junsuk Kim, Medical Officer, of the Noncommunicable Diseases and Health Promotion unit at the WHO Regional Office for the Western Pacific (WHO/WPRO/NCD) in Manila, Philippines.

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Noncommunicable disease education manual for primary health care professionals and patients

Part 1 Prevention and management of hypertension

 **Module 1 Diagnosis and management** ◀ YOU ARE HERE

 Module 2 Healthy lifestyles

 Module 3 Healthy eating habits

 Module 4 Low-salt diet

 Module 5 Physical activity

 Module 6 Medication and management of associated diseases

 Module 7 Complication prevention

Part 2 Prevention and management of diabetes

 Module 1 Diagnosis and management

 Module 2 Healthy lifestyles

 Module 3 Healthy eating habits 1

 Module 4 Healthy eating habits 2

 Module 5 Physical activity

 Module 6 Taking care of yourself in daily life

 Module 7 Complication prevention

Part 3 Quit smoking

How to use this manual

This book is one of fifteen modules of the “Noncommunicable disease education manual for primary health care professionals and patients”. This manual is intended to provide health information on the prevention and control of hypertension and diabetes.

This will be used in the form of a flip chart for health professionals to educate their patients with either hypertension or diabetes.

Diagnosis and management for patients with hypertension

Blood pressure target

Systolic blood pressure

Under 140 mmHg

Diastolic blood pressure

Under 90 mmHg

*Age more than 60: blood pressure to be controlled below 150/90 mmHg

FOR PATIENTS

FOR PATIENTS

On one side of the flip chart is the ‘**For patients**’ page. This side has simple images and key messages that are easy to understand. However, health professionals may need to provide education for patients to fully understand the content.

Diagnosis and management for patients with hypertension

Blood pressure target

Patient education

- Blood pressure below 140/90 mmHg is generally advised to prevent complications.
- However, blood pressure targets can be adjusted according to age, number and type of risk factors, and associated diseases.
- Therefore, if you have hypertension, you should consult your physician to set a target after evaluating your current health status and risk factors.

Systolic blood pressure

Under 140 mmHg

Diastolic blood pressure

Under 90 mmHg

*Age more than 60: blood pressure to be controlled below 150/90 mmHg

Professional information

Target blood pressure

- According to the Eighth Joint National Committee (JNC8), those over age 60 are advised that their target blood pressure should be below 150/90 mmHg.
- Target blood pressure should be below 140/90 mmHg for hypertension combined with cardiovascular disease and atherosclerosis.
- For those under age 60 maintain below 140/90 mmHg, those over age 60 maintain below 150/90 mmHg.

REFERENCES

World Health Organization. Guidelines for the management of high blood pressure in adults: report from the regional committees for the World Health Organization (JNC8). 2013. <http://www.who.int/mediacentre/factsheets/fs413/en/>

FOR PHYSICIANS

FOR PHYSICIANS

On the other side of the flip chart is the ‘**For physicians**’ page. This side includes information that the health professional can read out to the patient during counselling. Professional information is also provided for further understanding. A small image of the ‘For patients’ side is included so that the health professional is aware of what the patient is looking at.

This publication is intended to serve as a template to be adapted to national context. Images and graphs that have been watermarked should be replaced with images or graphs that represent the national situation. If assistance is required, or if you have any questions related to the publication, please contact the Noncommunicable Diseases and Health Promotion unit at WHO Regional Office for the Western Pacific (wproncd@who.int).

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Blood pressure

Systolic
blood pressure



Diastolic
blood pressure

When the heart
contracts to
export blood

When the heart
relaxes to
import blood

预览已结束，完整报告链接和二维码如下：

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