



2011 CHEP Recommendations

An Annual Recommendations Update

From the 2011 Canadian Hypertension Education Program (CHEP)

All Canadian adults need to have their blood pressure assessed at all appropriate clinical visits.

More than one in five adult Canadians has hypertension, and the lifetime risk of developing hypertension is approximately 90%. All adults require ongoing assessment of blood pressure throughout their lives. People with hypertension need to be encouraged and taught how to monitor their blood pressure at home. People with high to normal blood pressure require annual assessment.

Lifestyle modifications are effective in preventing hypertension, treating hypertension, and reducing cardiovascular risk.

Blood pressure is lowered and other cardiovascular risks can be favourably impacted by a healthy diet, regular physical activity, moderation in alcohol consumption, reductions in dietary sodium, and, in some cases, stress reduction. Hypertensive patients should live and work in a healthy, tobacco-free environment. Brief interventions by healthcare professionals that are individualized to the circumstances of

the person with hypertension increase the probability of lifestyle change.

Optimum management of BP requires assessment of overall cardiovascular risk.

90% of Canadians with hypertension have other cardiovascular risks. Identifying and successfully managing these other risks, including high dietary sodium, smoking, unhealthy diet, physical inactivity, abdominal obesity, dyslipidemia, and dysglycemia, can reduce cardiovascular events by over 60% in hypertensive patients. Indicating a patient's relative risk and vascular age, compared to other Canadians of the same sex and relative age, can improve a patient's understanding and ameliorate their risk management.

Treat to target.

Blood pressure should be consistently lower than 140/90 mmHg in most patients and consistently lower than 130/80 mmHg in those with diabetes or chronic kidney disease.



Combinations of both lifestyle changes and drugs are generally necessary to achieve target blood pressures.

Most people with hypertension require lifestyle changes and antihypertensive drug combinations to achieve recommended blood pressure targets. Diuretics are nearly always required to treat hypertension, especially when dealing with resistant hypertension. Many people with diabetes or chronic kidney disease require three or more antihypertensive drugs, including diuretics, to achieve blood pressure targets. Regular follow-up and titration of therapy is required to reach these goals.

Focus on adherence.

Nonadherence to a healthy lifestyle and pharmacotherapy is an important cause of poor blood pressure control. Patient adherence to lifestyle and pharmacotherapy should be assessed on each visit, and interventions to improve adherence should be a part of a patient's clinical routine.

Promote healthy public policies to prevent hypertension.

Healthcare professionals and their organizations need to be more active in working with different levels of government to implement healthy public policies, introduce health services policies,

and build community capacity to promote healthy behaviour and prevent high blood pressure.

Sign up at www.htnupdate.ca to access the latest hypertension resources.

Sign up to be notified by email when hypertension resources are updated or developed at www.htnupdate.ca, or download the current resources from www.hypertension.ca/tools. Become a Hypertension Champion, and deliver CHEP web-based CME programs at your regular educational rounds. Visiting www.htnupdate.ca will give you an opportunity to interact with top Canadian hypertension experts.

Have your patients sign up at www.myBPsite.ca to access the latest hypertension resources.

Canadians who register become members of a new website specifically designed for patients with hypertension. MyBP will allow your patients to automatically receive new educational resources.

DETAILED INFORMATION ON THE 2011 CANADIAN HYPERTENSION EDUCATION PROGRAM RECOMMENDATIONS FOR YOU AND YOUR PATIENTS CAN BE OBTAINED BY SIGNING UP AT www.htnupdate.ca