

## High Blood Pressure Treatment Worksheet

1. **What's the issue?**      Your blood pressure level is high: \_\_\_\_\_  
    Your target blood pressure level: \_\_\_\_\_
  
2. **Why is that a problem?**    High blood pressure can lead to strokes, heart attacks, and heart failure.  
    High blood pressure can cause damage even without warning symptoms.
  
3. **There are options for treating high blood pressure.** Circle options you want to talk about. Your clinician may circle some too.

TREATMENT OPTIONS	Frequently Asked Questions			
	What are some reasons to choose this option?	What are some reasons <u>not</u> to choose this option?	What do I have to do?	How long do I need to make changes?
<b>No treatments at this time</b>	It is easy to make no changes at this time.	For many, higher chance of having a problem if you do not treat high blood pressure.	No changes to what you are doing now.  Your clinician may request a follow-up visit.	No changes are being made.
<b>Diet &amp; Exercise</b>	If you made changes, you could lower your blood pressure level and your chance of having a problem.	It might be hard to make these changes.  Diet & exercise might not be enough to reach target blood pressure.	Change diet: reduce calories, alcohol, and salt intake.  Exercise at least 30 minutes most days.  Get regular blood tests and blood pressure checks.	Until target level is reached, and possibly longer.
<b>Medicine</b>	Taking medicine can help lower your blood pressure level and your chance of having a problem.	Blood pressure medicines are taken every day and can cause side effects.  Taking medicines requires regular office visits and blood tests.  Some medicines are expensive.	Take one or more medicines every day.  Get regular blood tests and blood pressure checks.	Until target level is reached, and possibly longer.
<b>Other Options</b> (please write in)				

4. **What's most important to you as we make this decision?** \_\_\_\_\_

---

5. **What did we decide today?** Try: \_\_\_\_\_       Decide later:
- need more information
  - need to discuss with others
  - need to think about it more

6. **What are the next steps and follow-up?** \_\_\_\_\_

---

## High Blood Pressure Medications Worksheet

### 1. Talk with your clinician about the medication options recommended for you:

MEDICATION OPTIONS:	Frequently Asked Questions:			
	What are some common medicine names in this group?	What are some reasons to use this medicine?	What are some common side effects of this medicine?  <i>(Important: not everyone has these side effects, and some side effects are very mild)</i>	What do I have to do?
<b>Diuretics</b>	Hydrochlorothiazide, Spironolactone, Furosemide.	Diuretics can help people who have leg swelling or heart failure.	<ul style="list-style-type: none"> <li>• Urinating more often</li> <li>• Low potassium causing muscle cramps</li> <li>• Gout</li> <li>• Can make you dizzy, especially in hot weather</li> </ul>	<ul style="list-style-type: none"> <li>• Take a pill once a day.</li> <li>• Have blood tests to check your kidney function and electrolytes in 2 weeks after starting medicine, then at least twice a year, less often once stable.</li> </ul>
<b>ACE Inhibitors (ACEI)</b>	Lisinopril, Enalapril, Captopril.	ACEIs can help people who have kidney disease, heart attacks, or heart failure.	<ul style="list-style-type: none"> <li>• Coughing (10%)</li> <li>• Lip and throat swelling (rare) (&lt;1%)</li> <li>• Some people with advanced kidney disease cannot take ACEIs</li> </ul>	<ul style="list-style-type: none"> <li>• Take a pill once a day.</li> <li>• Have blood tests to check your kidney function and electrolytes in 2 weeks after starting medicine, then at least twice a year, less often once stable</li> </ul>
<b>Calcium channel blocker (CCB)</b>	Amlodipine, Nifedipine, Verapamil, Diltiazem.	CCBs can help people who have atrial fibrillation or migraine headaches.	<ul style="list-style-type: none"> <li>• Leg swelling</li> <li>• Slow pulse</li> </ul>	<ul style="list-style-type: none"> <li>• Take a pill once or twice a day.</li> <li>• Have blood tests to check your kidney function testing once a year</li> </ul>
<b>Beta-blocker (BB)</b>	Metoprolol, Carvedilol, Atenolol, Propranolol.	BBs can help people who have heart failure, heart attacks, atrial fibrillation, or migraine headaches.	<ul style="list-style-type: none"> <li>• Tiredness</li> <li>• Slow pulse</li> <li>• Dizziness</li> </ul>	<ul style="list-style-type: none"> <li>• Take a pill once or twice a day.</li> <li>• Have blood tests to check your kidney function testing once a year.</li> </ul>
<b>Other:</b>				

2. What did we decide today? Try: \_\_\_\_\_

3. What are the next steps for monitoring and follow-up? \_\_\_\_\_