

Hypertension Evaluation

Patient Name

Patient DOB

MRN

Date	Chief complaint/Reason for consult	Referring MD
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Start Time	Stop time	
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Data Reviewed

- Allergy list
- Medication list
- Past Medical History
- Past Surgical History
- Social History
- Family Medical History
 - Premature Coronary Artery Disease
 - Hyperlipidemia
- Patient's Blood Pressure log
- Recent labs and diagnostic tests

History of Present Illness

- Cardiac disease
- Congenital Adrenal Hyperplasia
- Diabetes
- Dyslipidemia
- Renal disease
- Polycystic Ovarian Syndrome
- Sleep Apnea
- Renal artery stenosis
- Thyroid disease
- BMI ≥ 30
- Smoking
- Physical inactivity

Review of Systems

- = Patient denies problems
- Constitutional
 - Weight changes
 - Fatigue
 - Fever
- Eyes
 - Vision changes
 - Pain
- ENT/mouth
 - Ulcers
 - Tooth pain
 - Nose bleeds
- Resp
 - Dyspnea
 - Cough
 - Sputum
- CV
 - Chest pain
 - Exercise intolerance
 - Diaphoresis
 - Paroxysmal nocturnal dyspnea
- GI
 - Nausea
 - Vomiting
 - Diarrhea
 - Abdominal pain after eating
- GU
 - Dysuria
 - Polyuria
 - Erectile dysfunction
- Musc
 - Myalgias
 - Bony pain
 - Claudication
- Skin/breasts
 - Sores, ulcers
 - Dry, cracked skin
- Neuro
 - Numbness
 - Paresthesias
 - Focal weakness
- Endo
 - Hypoglycemia
 - Tremors
- Heme/lymph
 - Easy bruising
 - Swollen lymph nodes
- Allergy/Immun
 - Sinus pain
 - Nasal discharge
- Psych
 - Depression
 - Anxiety
 - Hallucinations

Physical Exam

Vitals	Ht	Wt	BMI	Pulse	RR	
BP	L arm	R arm		Sitting	Standing	Supine
General <input type="checkbox"/> Alert						
Eyes <input type="checkbox"/> Conjunctivae <input type="checkbox"/> Pupils <input type="checkbox"/> Discs <input type="checkbox"/> No visible retinal pathology						
ENT <input type="checkbox"/> Nasal mucosa <input type="checkbox"/> Dentition <input type="checkbox"/> Oral/harynx						
Neck <input type="checkbox"/> Normal to palpation <input type="checkbox"/> Thyroid <input type="checkbox"/> No JVD						
Resp <input type="checkbox"/> Clear to auscultation <input type="checkbox"/> Clear to percussion <input type="checkbox"/> Effort <input type="checkbox"/> Normal to palpation						
CV <input type="checkbox"/> Auscultation <input type="checkbox"/> Palpation <input type="checkbox"/> Edema <input type="checkbox"/> Carotids <input type="checkbox"/> Aorta <input type="checkbox"/> Femoral pulses <input type="checkbox"/> Pedal pulses						
GI <input type="checkbox"/> No palpable masses <input type="checkbox"/> Liver and spleen not palpable <input type="checkbox"/> No hepatojugular reflux						
Lymph <input type="checkbox"/> No lymphadenopathy <input type="checkbox"/> Enlarged lymph nodes palpable <input type="checkbox"/> Neck <input type="checkbox"/> Axilla <input type="checkbox"/> Groin <input type="checkbox"/> Other						
Musc <input type="checkbox"/> Gait <input type="checkbox"/> Digit <input type="checkbox"/> Inspection <input type="checkbox"/> ROM <input type="checkbox"/> Stability <input type="checkbox"/> Strength						
Extrem <input type="checkbox"/> No clubbing <input type="checkbox"/> No cyanosis <input type="checkbox"/> No sores						
Skin <input type="checkbox"/> Inspection <input type="checkbox"/> Rashes						
Neuro <input type="checkbox"/> Oriented <input type="checkbox"/> CN <input type="checkbox"/> DTR <input type="checkbox"/> Sensation intact <input type="checkbox"/> Vibratory sense intact						
Psych <input type="checkbox"/> Affect <input type="checkbox"/> Orientation <input type="checkbox"/> Insight <input type="checkbox"/> Memory						
Additional Findings						

Impression & Plan

Blood Pressure Class	SBP	DBP	
<input type="checkbox"/> Normal	<120	<80	
<input type="checkbox"/> Prehypertension	120-139	80-89	<input type="checkbox"/> Patient at goal < 140/90 or <130/80 for DM
<input type="checkbox"/> Stage 1	140-159	90-99	<input type="checkbox"/> Not at Goal
<input type="checkbox"/> Stage 2	≥160	≥100	

Follow up

- This clinic
- Endocrinology
- Nephrology
- Ophthalmology
- Other

Signature
 cc
Estimated Creatinine Clearance * Multiply by 0.85 for females
 Normal Creatinine Clearance in healthy young females ~100mL/min/1.73m² $\frac{(140 - \text{age}) \times \text{weight (in kg)}}{\text{Plasma Creatinine} \times 72} =$
 Normal Creatinine Clearance in healthy young males ~120mL/min/1.73 m²

Labs Urinalysis CBC PT, PTT, INR BMP LFTs Triglyceride level LDL and HDL BNP EKG ECHO TSH
Therapy Aspirin ACE-I or ARB Beta blocker Calcium Channel Blocker Thiazide diuretic Loop diuretic Statin Other