**Case- Hypertension**

You are a hospital pharmacist visiting your regular general medical ward to review patients and provide pharmaceutical advice. Mr HA is a 50-year-old accountant who was admitted 2 days ago to hospital following a blackout whilst watching a football match with his son. His preliminary examination reveals bruising to his left arm and upper thigh for which he has been prescribed para- cetamol 1 g four times daily and as required ibuprofen 400 mg three times a day.

His past medical history indicates that that he is on no medication and seemed to be a reasonably fit man for his age with no existing diagnosed med- ical conditions. On examination he is slightly overweight at 81 kg, he smokes 20 cigarettes per day and drinks approximately 30 units of alcohol per week. His blood pressure on admission was 165/80 mmHg with a heart rate of 90 beats per minute. This degree of raised blood pressure and heart rate has been maintained over the last 48 hours. He is subsequently diagnosed as having hypertension.

**Questions:**

1. What is hypertension?
2. What are the different hypertension explain about orthostatic hypertension?
3. Explain JNC-7 classification with suitable examples.
4. What are the appropriate treatment targets for this patient's blood pressure?
5. What other advice and treatment does this patient require to ensure his risk of a cardiovascular event is reduced?
6. Give clear reasons for your advice and explain the risks associated with not taking this advice.
7. Should Mr.HA’s be started on Aspirin and statin?
8. What are the main classes of drug used to treat hypertension?
9. What are the treatment goals for Mr.HA’s?
10. Which class of drug would be appropriate ﬁrst-line treatment for Mr. HA?
11. How would this treatment choice be affected if the patient had CVA?
12. For one of the classes of drugs mentioned in question 4 indicate the following:
    * a drug from that class
    * a suitable starting dose and frequency
    * the maximum dose for hypertension
    * three contraindications
    * Three common side-effects.
13. In view of Mr HA's age he requires cardiovascular risk assessment. How would you assess this patient's cardiovascular risks?
14. What are life style modification and dietary plan you can recommend to Mr.HA’s?
15. How frequently would you monitor Mr.HA’s progress?