

# CME Programme for Family Doctors – Module Content: Hypertension Management

Level	Part	Content	Duration
Basic	Part 1	<b><u>Diagnosis of Hypertension</u></b> <ul style="list-style-type: none"> <li>• Background and epidemiology of HT</li> <li>• Diagnosis of HT</li> <li>• Proper workup for HT</li> </ul>	50 minutes
	Part 2	<b><u>Management of Hypertension</u></b> <ul style="list-style-type: none"> <li>• Non-pharmacological treatment of HT</li> <li>• Pharmacological treatment of HT</li> <li>• When to refer to specialist or hospital?</li> </ul>	45 minutes
Advanced	Part 1	<b><u>Diagnosis of Hypertension</u></b> <ol style="list-style-type: none"> <li>1. Introduction of ABPM and its usage in primary care</li> </ol> <ul style="list-style-type: none"> <li>• Why ambulatory blood pressure monitoring (ABPM)?</li> <li>• Indications/contraindications of ABPM</li> <li>• Interpretations of ABPM results</li> <li>• How to conduct ABPM?</li> </ul>	60 minutes
	Part 2	<b><u>Management of Hypertension</u></b> <ul style="list-style-type: none"> <li>• What are the common causes of secondary HT?</li> <li>• Resistant HT and its management</li> <li>• Be aware of postural hypotension</li> </ul>	55 minutes