(See page 40)

Part one/ two/ three/ four

Part five

- Q1 (c). The stages are: Normal <120/<80, Pre-hypertension 120–139/80–89, stage 1 hypertension 140-159/90-99, and stage 2 hypertension > 160/>100.
- Q2 (b), (c), (d). (See answer to question 5.)
- Q3 All of the answers are correct. They should all be highlighted in your discussion with patients with mild hypertension.
- (a). Beta-blockers are no longer the first drug of choice in hypertension, as the evidence for their benefit is conflicting. In trials in which people of African descent were included they did particularly badly with beta-blockers. The ALLHAT trial was also stopped early because patients on the alpha- blocker doxazosin had poorer than expected outcomes.
- Q5 (a), (b), (c), (d), (e) and (f). The review is from 2015. The 10 Blood Pressure Lowering Treatment Trialists' collaboration (BPLTTC) along with data from three other trials, following 15 266 patients with stage 1 hypertension like Jacob, found benefit in all out comes. It concluded that treating patients with mild hypertension is likely to prevent cardiovascular events, particularly stroke, and mortality.

Reference: Viera A J, Hawes E M. Management of mild hypertension in adults. BMJ 2016; 335: 15719.

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