















1. DEFINITION, SCREENING, DIAGNOSIS OF HYPERTENSION

Important Guidelines, Statements, and Reports

- Self-Measured Blood Pressure Monitoring at Home: A Joint Policy Statement from the American Heart Association and American Medical Association 
- 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines 
- 2018 ESC/ESH Clinical Practice Guidelines for the Management of Arterial Hypertension 
- 2020 International Society of Hypertension Global Hypertension Practice Guidelines 

Important Suggested Readings and Resources:

- A Randomized Trial of Intensive versus Standard Blood-Pressure Control: SPRINT Trial 
- The Unrecognized Prevalence of Primary Aldosteronism: A Cross-sectional Study 
- A National Commitment to Improve the Care of Patients with Hypertension in the US 
- Pharmacological Blood Pressure Lowering for Primary and Secondary Prevention of Cardiovascular Disease Across Different Levels of Blood Pressure: An Individual Participant-level Data Meta-analysis 
- Pathophysiology of Hypertension: The Mosaic Theory and Beyond 
- Cardiovascular Events and Mortality in White Coat Hypertension: A Systematic Review and Meta-analysis 
- Validatebp.org – US Blood Pressure Validated Device Listing 
- Blood Pressure Toolkit- AHA 



Foundations of Cardiomtabolic Health Certification Course

Certified
Cardiomtabolic Health
Professional (CCHP)







MODULE 4

Hypertension

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Important Suggested Readings and Resources:

- Heart Disease and Stroke Statistics—2021 Update 
- CDC- High Blood Pressure 
- Effects of Intensive Versus Standard Office-Based Hypertension Treatment Strategy on White-Coat Effect and Masked Uncontrolled Hypertension: From the SPRINT ABPM Ancillary Study 
- Management of Hypertension in the Digital Era 
- Diagnosis and Treatment of Arterial hypertension 2021 