



Family Practice: Hypertension 2011: Current Management Guidelines and Your Practice (Audio-Digest Foundation Family Practice Continuing Medical Education (CME). Book 59)

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Purpose: Audio-Digest Foundation CME/CE activities are designed to provide its learners – physicians and other healthcare professionals – with continuing education that will help identify clinical problems in their practice settings, provide content to help to solve those problems, and increase their application of knowledge to practice.

Audio-Digest Family Practice is specifically designed to provide the participant with state-of-the-art information which builds on the AAFP Core Educational Guidelines, including, but not limited to, the diagnosis and management of:

- Alcoholism & Substance Abuse
- Allergy & Immunology
- Cardiovascular Medicine
- Conditions of the Eye
- Conditions of the Musculoskeletal System
- Conditions of the Nervous System
- Conditions of the Skin
- Care of Adolescents & Older Adults
- HIV Infection/AIDS
- Human Behavior and Mental Health
- Nutrition
- Obstetrics and Gynecology
- Occupational Medicine
- Disease Prevention & Health Promotion
- Rheumatology
- Risk Management & Medical Liability
- Sports and Recreational Medicine
- Urgent and Emergent Care

The goal of this program is to improve management of hypertension. After hearing and assimilating this program, the clinician will be better able to:

1: establish appropriate blood pressure (BP) goals in elderly patients and patients with diabetes or chronic kidney disease.

2: Counsel patients about diet and salt intake.


3: Compare effects and characteristics of agents used to treat hypertension, such as hydrochlorothiazide and

chlorthalidone.

4: Initiate a safe and effective drug combination regimen.

5: Select appropriate treatment based on BP goals and compelling indications.

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