

Station: High Blood pressure

Time: 5 min

Type: must to learn 

Nice to learn

physician at a healthcare center with blood pressure readings of 150/50 mmHg. However, she has not been regularly treated or monitored. Her elevated blood pressure has been confirmed by you on several occasions. What key points should you consider in taking the patient's history?

Check list

Name and family name:

Student cod:

Checklist

- ☐

Items	Score	Students' score
☐ Ask about the onset of high blood pressure.	1	
☐ Inquire about pregnancy history and hypertension during pregnancies.	2	
☐ Discuss previous treatments and hospitalizations.	2	
☐ Check family history of hypertension and heart diseases.	2	
☐ Assess dietary habits (salt and fatty food intake).	2	
☐ Review psychosocial factors (stress, occupation, loss of relatives).	1	
☐ Investigate signs of secondary hypertension (kidney disease, muscle weakness, etc.).	2	
☐ Consider other risk factors (weight changes, diabetes, smoking).	2	
☐ Ask about medications that may raise blood pressure.	2	
☐ Inquire about history of stroke or sudden vision loss.	2	
☐ Ask about angina, heart failure, or myocardial infarction.	1	
☐ Assess headache characteristics (e.g., morning occipital headaches).	1	
Total score	20	

Standard patient

You are a 40-year-old female, a homemaker, and overweight. You have insufficient physical activity and have been diagnosed with high blood pressure for about a year. You were prescribed medication once, but discontinued it after about a month due to coughing and have not followed up since. You have had four uncomplicated natural deliveries. For the past five years, you have been taking contraceptive pills. Your father passed away at the age of 70 due to a stroke related to high blood pressure. The responses to other questions are negative.

Equipment:

- Patient simulator or self-assessment tool (clinic)
- Chair or bed for the patient simulator

Examiner's Guide:

- Senior internal medicine assistant, internal medicine specialist
- Based on the checklist, the examiner should assign the appropriate score.
- For question 8, if four items from the listed options are addressed, and for each of questions 9-12, if two items from the provided options are mentioned, full marks should be awarded.