



Clinical Champion Update

Date: 2/6/23

Subject: Hypertension

So your patient is eating a low salt diet, exercising, not smoking and doing everything right, but their HTN is still uncontrolled, what else???

There are many factors that contribute to our patient’s HTN, some common and others we may not know of. We want to emphasize the importance of continuing to check in with your patients about smoking, alcohol, caffeine intake, stress levels at every visit. These factors are included in the encounter plan for HTN and make it easy to quickly go over. As a reminder, caffeine should be <300 mg/d per day (about 3 standard 8 oz cups) and alcohol should be less than or equal to 1 drink daily for women and 2 drinks daily for men.

There are also some factors that we don’t think about all the time which can also play a role in HTN. If you have a patient who is seemingly doing everything right, but still has above goal readings, think about some of these less common factors!

Agent	Alternatives/Recommendations
Antidepressants: MAOIs, SNRIs, TCAs	<ul style="list-style-type: none"> • Consider SSRI
Decongestants: phenylephrine, pseudoephedrine	<ul style="list-style-type: none"> • Use for shortest duration possible • Avoid use if severely uncontrolled HTN • Consider alternatives like nasal saline, antihistamines, intranasal corticosteroids
Oral Contraceptives	<ul style="list-style-type: none"> • Use a low dose 20-30mcg ethinyl estradiol • Use progestin only agents • Consider alternative methods of contraception such as barrier, IUD • Avoid use in severely uncontrolled HTN
Licorice (think licorice tea or homemade root extract)	<ul style="list-style-type: none"> • Licorice can cause pseudo hyperaldosteronism which can lead to high blood pressure • Has been shown to exacerbate known HTN, cause HTN emergency and even new diagnoses of HTN • Best to avoid or limit in most patients, especially with dx of HTN
Immunosuppressants (cyclosporine)	<ul style="list-style-type: none"> • Consider converting to Tacrolimus

We will also be adding a new graphic to the HTN packets in each exam room so that patients can look through while waiting for their provider.

**Thanks,
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Hypertension Clinical Champions**

Sources:

- American College of Cardiology 2017 Guidelines for Prevention, Detection, Evaluation and Management of HTN
- CMAJ. Hypertensive Emergency Induced by Licorice Tea. Jean-Pierre Falet, Arielle Elkrief and Laurence G