

Screening for Secondary Hypertension

New Onset or Uncontrolled Hypertension in Adults

Conditions

- Drug related/induced hypertension
- Abrupt onset of hypertension
- Exacerbation of previously controlled hypertension
- Onset of hypertension at <30 yrs.
Disproportionate Target Organ Damage for degree or hypertension (cerebral vascular disease, retinopathy, LVH, HFpEF, HFrEF, CAD, CVD, CKD, PAD, albuminuria)
- Accelerated/malignant hypertension
- Unprovoked- or excessive hypokalemia
- Onset of diastolic hypertension in older adults (65 yrs.)

YES

Screen for secondary hypertension

NO

Screening not indicated (No benefit)

Positive screening test

YES

Refer to clinician with specific expertise

NO

Referral not necessary (No benefit)

Common Causes of Secondary HTN:

- Renal parenchymal- renal ultrasound
- Renovascular disease- renal doppler ultrasound, MRA, abd CT
- Primary aldosteronism- plasma aldosterone/ renin ratio
- OSA which is 25-50% prevalence- Epworth scale, sleep study
- Drug induced- NSAIDs, steroids/androgens, decongestants, caffeine, MAOIs
- Alcohol induced- UDS