

Hypertension Exam

INSPECT for:

- Cushing's,
- acromegaly,
- polycythemia,
- Chronic renal failure

HANDS

- Radial – radial delay,
- Radial – femoral delay
- Feel for thickening of the artery

BLOOD PRESSURE:

Check BP on lying and standing

raise in diastolic pressure on standing usu= essential hypertension

Check BP on both arms

FACE

- Grave's ophthalmopathy?
- Examine with ophthalmoscope

NECK

- Feel and auscultate Carotid pulses

PRAECORDIUM

- ? signs of left ventricular failure
- Enlarged left ventricle

4th heart sound detectable if BP greater than 180/110

- Listen in all areas of heart

ABDOMEN

- Palpate for Renal or adrenal masses (causes of HT)
- Palpate for Adominal Aortic Aneurysm
- Auscultate for Renal bruit
- Auscultate the femoral artery for bruit

THE BACK

- Do Murphy's kidney punch
- Offer to do a CNS exam for signs of previous cerebrovascular disease

Ask for urinalysis, ECG, previous BP measurements