NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS
Pharmacology for Common Medical Conditions: Hypertension

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Recommendations for Cardiovascular Health

- Total cholesterol < 200 mg/dl
- Lean Body Mass (BMI of ≤25, ≤ 23 for Asian-Americans)
- BP < 120/80
- Fasting blood glucose < 100 mg/dl
- Regular physical activity
  (>150 min./week moderate; > 75 min./week strenuous or combination)
- Healthy eating habits
- No smoking
Hypertension parameters:

- Normotensive ≤ 120/80
- Prehypertensive ≤ 135/89
- Hypertension ≥140/90
SPRINT trials 2015

• Lower mortality in elders with aggressive hypertension management

• Should systolic Blood Pressure less than 120 be the treatment goal?
Recommended medications:

- ACE inhibitors (the “prils”)
- Angiotensin receptor blockers
- Thiazide diuretics
- Beta blockers
- Calcium channel blockers
BHC Strategies

- Monitor **physiologic, psychologic side effects** of medication
- Monitor adherence to **dietary and medication regimens**
- Monitor for **potential interactions** between psychotropics and antihypertension medication
- Ensure treatment plan **addresses behavioral component**
Behavioral Management

• The patient as clinician: Involvement in monitoring, recording blood pressure
• Encourage positive interaction, information seeking with team
• Problem solve adherence to diet and exercise regimens
• Examine and problem solve medication adherence issues: Special attention to adverse side effects