



OUTPATIENT GP REFERRAL GUIDELINES

Hypertension and cardiovascular risk

Southern Adelaide Local Health Network (SALHN)

Hypertension and Cardiovascular Risk

- Diagnosis and management of high blood pressure (the clinic can arrange and report Ambulatory Blood Pressure Monitoring done at FMC)
- Identification of secondary causes of hypertension
- Assessment of overall cardiovascular risk for management decisions
- Assessment and management of orthostatic hypotension and other forms of low blood pressure
- Postpartum management of hypertension in women with pre-eclampsia

Information Required

- Reason for referral
- current medication list
- previous intolerance to specific drugs
- full medical history, including family history
- duration of hypertension

Investigations Required

- EUC, FBE, TFT, full lipid profile, fasting glucose
- Albumin/creatinine ratio (urine)
- (for known diabetics) latest HbA1C
- Results of any other investigations which GP has done specifically related to patient's hypertension or reason for referral

Fax Referrals to

- Outpatient Clinic

Fax: (08) 7425 8687

Please note that patients will be seen at [Marion GP Plus Healthcare centre](#)

Red Flags

Red flags should prompt immediate GP referral to **Emergency Department**

- High blood pressure with:
 - recent onset of confusion or altered mental state
 - retinal haemorrhages and exudates (with or without papilloedema)
 - recent onset of chest pain, dyspnoea
 - new neurological signs/symptoms

Suggested GP Management

- In patients not on any medications we recommend 24 hour Ambulatory BP Monitoring ± Home BP monitoring (the clinic can arrange and report Ambulatory Blood Pressure Monitoring done at FMC)
- In patients with recently diagnosed essential hypertension consider first line treatment with
 1. Angiotensin-converting enzyme Inhibitor (ACEI)/ Angiotensin II Receptor Blocker (ARB)
 2. Calcium Channel Blocker (CCB)
- Lifestyle Changes

Clinical Resources

- Heart Foundation: Hypertension clinical information and guidelines
 - Guide to management of hypertension in adults 2016
 - MJA Article – Guidelines for the diagnosis and management of hypertension – 2016
- <https://www.heartfoundation.org.au/Conditions/Hypertension>

General Information to assist with referrals and the and Referral templates are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNOutpatients



Government of South Australia
SA Health

Version	Date from	Date to	Amendment
1.0	November 2014	November 2016	Original
2.0	November 2021	November 2023	Updated