Now Available in JASH!

The ASH Hypertension Self-Assessment Guide

The ASH Hypertension Self-Assessment Guide is a state-of-the-art review of hypertension written by over 40 recognized leaders in the field designed to raise the level of knowledge of all of those who are responsible in any way for the care of the patient with hypertension.

The complete Guide contains 30 chapters which cover topics in Basic Science, Diagnostic Evaluation, Secondary Hypertension, Treatment and Special Conditions. (See outline below.) Each chapter contains questions that provide a critical assessment of the reader’s knowledge. CME credit is available for the successful completion of each chapter.

The ASH Self-Assessment Guide articles, references and questions are published each month in the Journal of the American Society of Hypertension (JASH) http://www.ashjournal.com/. The Self-Assessment Guide Post-Test (with CME credit) can be found on the Professional Testing Corporation (PTC) website https://secure.ptcny.com/webtest/

The Society hopes that qualified individuals who review and study this material will be better prepared to treat hypertension patients and even be inspired to take the ASH Hypertension Specialist examination.

ASH Hypertension Self-Assessment Guide Outline

I. Basic Science
   A. Physiology (Hemodynamics, Endothelial Function, Renin-Angiotensin-Aldosterone System, Sympathetic Nervous System)
   B. Pathophysiology (Oxidative stress, Inflammation, Sodium)
      (Oxidative Stress)
      (Cardiometabolic Syndrome)
   C. Epidemiology (Risk, Prevalence, Importance of Systolic Hypertension, Control Rates)
   D. Genetics
   E. Pharmacology
   F. Target Organ Damage

II. Diagnostic Evaluation
   A. Blood Pressure Measurement/Monitoring
   B. Classification
   C. Clinical Characteristics
   D. Laboratory Testing
   E. Target Organ Damage

III. Secondary Hypertension
A. Hypertension and Kidney Disease
B. Renovascular
C. Endocrine
D. Obstructive Sleep Apnea
E. Other Including Pharmacologic

IV. Treatment
   A. Prevention/Public Health Strategies
   B. Clinical Trials
   C. Drug Therapy (Drugs, Combination Therapy, Targets, Approaches)
   D. Treatment Guidelines

V. Treatment: Special Conditions
   A. Hypertensive Crisis/Emergencies/Urgencies/Malignant Hypertension
   B. Resistant Hypertension
   D. Co-existing Heart Disease (Coronary Artery Disease, Myocardial Infarction, Congestive Heart Failure)
      (Atrial Fibrillation)
   E. Co-existing Vascular Disease (Stroke)
   F. Metabolic Syndrome and Obesity
G. Hypertension in Pregnancy
H. Orthostatic Hypotension
I. Psychological Issues
J. Children and Adolescents
K. Elderly

Basic Science:


Diagnostic Evaluation:

