

# YOUR MONITORING CHECKLIST

This checklist will assist your healthcare professional in making recommendation to improve the management of your high blood pressure and/ or high cholesterol.

## MONITORING PARAMETERS

### Your lifestyle makes an impact on your health

- Consider your diet – do you need to make modifications?
- Low salt – reduce your salt intake
- Exercise – ensure you exercise for a minimum of 30 mins a day
- Tobacco use – stop all tobacco use; avoid secondhand smoke
- Alcohol use – moderate your consumption of alcohol to no more than 2 units per day; and not drinking on at least 2 days in a week

### Blood Pressure Measurements

- Check your blood pressure twice a day morning and night
- Record your blood pressure reading and ensure you know your target
- Keep your blood pressure monitoring journal up to date - If you don't have one, simply use a diary

### Regular check-ups with your Physician are important. Know your ideal intervals

- When starting a new medication.....2-4 weeks
- When you're making progress.....4-6 weeks
- When you've gained control.....2-4 months
- Whenever your physician has scheduled your follow up visit

### Pertinent Laboratory Tests may be required. Below are some recommendations on timing of these tests.

- Creatinine (if on ACE inhibitor).....1 month\*
- Potassium and sodium (if on diuretic).....3-6 months\*
- Lipid profile, CBC, FBS, BUN/creatinine.....12 months\*  
Calcium, HbA1c (if diabetic), Urinalysis

**\*Ensure you talk to your physician on the appropriate timing of these tests and other pertinent laboratory works based on your condition.**

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In the event the following parameters are noted, you may be referred by your pharmacist for further consultation with a physician or other health professionals.

Please inform your pharmacist if you have consulted a dietitian, a nutritionist or received any diet recommendation from your doctor before.

## To be completed by pharmacist:

Initial systolic BP  $\geq 180$ mmHg\*

Initial diastolic BP  $\geq 110$ mmHg\*

\*urgent referral needed if with additional symptoms referable to elevated BP

Abnormal lab results

Total cholesterol  $\geq 5.17$ mmol/L

LDL cholesterol  $\geq 3.36$ mmol/L or  $\geq 2.59$ mmol/L in a patient with diabetes

HDL  $\leq 1.03$ mmol/L

Triglycerides  $\geq 2.26$ mmol/L

Serum creatinine  $\geq 1.4$  mg/dL for women or  $\geq 1.5$  mg/dL for men

Potassium  $\leq 3.5$  mEq or  $\geq 5.5$  mEq

Positive microalbuminuria

Positive for complications/side effects/adverse effects of therapy

Patient does not respond to therapy

Patient is  $\leq 18$  years old

Patient is pregnant

Patient has an abnormal ECG

Adverse event from therapy, not responding to therapy

Patient has any subjective and objective complaints that patient may volunteer during course of conversation

## PHARMACIST'S REMARKS: \_\_\_\_\_

This initiative has been developed in partnership with the Malaysian Pharmaceutical Society, Philippine Pharmacists Association & Viatris Sdn. Bhd.



**VIATRIS**

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1. Georgia Department of Public Health. (n.d.). Hypertension Management Action Guide for Health Care Providers. 2. HEARTS Technical package for cardiovascular disease management in primary health care: evidence-based treatment protocols. Geneva: World Health Organization; 2018 [WHO/NMH/NVI/18.2].

LDL, Low-Density Lipoprotein; HDL, High-Density Lipoprotein; ECG, Electrocardiogram