

Free e-learning resource

Managing hypertension in diabetes – the basics

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This is Brian

Brian is 52 years old and has recently been diagnosed with type 2 diabetes. He doesn't smoke, but drinks around 20 units of alcohol per week.



Recent records show an HbA_{1c} of 64 mmol/mol, blood pressure of 167/97 mmHg, BMI of 30.4 kg/m², slightly raised total cholesterol, ACR 0.8 mg/mmol and eGFR of 86 mL/min/1.73 m².

Brian has been advised on lifestyle measures, is taking metformin and statin therapy is being considered.

By working through this interactive case study, you will consider the following issues and more:

- How to confirm a diagnosis of hypertension and the further investigations that should be carried out.
- The possible consequences of hypertension for an individual with diabetes.
- The factors that will influence the setting of an individual's blood pressure target.
- The pharmaceutical and lifestyle options that are available for the management of hypertension.

D *Diabetes & Primary Care's* series of interactive case studies is aimed at all healthcare professionals in primary and community care who would like to broaden their understanding of type 2 diabetes.

The case study created for this issue of the journal covers various aspects relating to the diagnosis and management of hypertension in type 2 diabetes.

The format uses a typical clinical scenario as a tool for learning. Information is provided in short sections, with most ending in a question to answer before moving on to the next section.

Working through the case study will improve your knowledge and problem-solving skills in type 2 diabetes by encouraging you to make evidence-based decisions in the context of individual cases.

You are invited to respond to the questions by typing in your answers. In this way, you are actively involved in the learning process, which is hopefully a much more effective way to learn.

By actively engaging with these case histories, I hope you will feel more confident and empowered to manage such presentations effectively in the future.

David Morris, Specialist Doctor in Diabetes, Royal Shrewsbury Hospital; Undergraduate Clinical Tutor, Keele University; and retired GP

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Managing hypertension in diabetes – the basics
is available at:

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