

# Hypertension Tools

## Clinical Resources

- **Guidance:** Review this summary of [hypertension guidance](#) including pharmacotherapy (page 11) (*Hypertension Canada*)
- **Shared decision-making tool:** Consult this [guide to support conversations around treatment](#) (*National Institute for Health and Care Excellence*)
- **Clinical Pearl:** Consider asking your patients about medication adherence: How many times have you missed your medication in the past 7 days and past 30 days? (adapted from [here](#))

## Patient Resources

- **Information:** Share this list of recommended [blood pressure devices](#) (*Hypertension Canada*)
- **Handout:** Share this guide to help patients [understand and manage their blood pressure](#) (*Hypertension Canada*)
- **Handout:** Share with patients [how they can take a blood pressure reading at home](#) (*Hypertension Canada*)
- **Information:** Consider recommending a [DASH diet](#) (*Heart and Stroke Foundation*) and sharing these general resources for a [heart healthy diet](#) (*Dietitians of Canada*)