

# OUTPATIENT SERVICE DESCRIPTION & TRIAGE GUIDELINES

## HYPERTENSION AND CARDIOVASCULAR RISK CLINIC

### Southern Adelaide Local Health Network (SALHN)

### Hypertension and Cardiovascular Risk

The [hypertension and cardiovascular risk](#) clinic provides services to people with high blood pressure ± other cardiovascular risk factors, e.g. diabetes, obesity and hypercholesterolaemia

#### Services provided

- 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

#### Services not provided

- Isolated cardiovascular risk factors not associated with hypertension

### For urgent enquiries or discussion of condition, contact

The Hypertension and Cardiovascular risk clinic Ph: 8204 5227 to speak with Professor Arduino Mangoni or the Clinical Pharmacology Registrar

### Triage Criteria for Referral

Category 1 Target < 1 month Current < 1 month	Category 2 Target < 2 months Current < 2 months	Category 3 Target < 3 months Current < 3 months
<ul style="list-style-type: none"> <li>• Clinic blood pressure &gt;180/110 mmHg with symptomatic CVD, CKD stage ≥4 or diabetes with target organ damage/other risk factors</li> <li>• Severe symptomatic orthostatic hypotension</li> </ul>	<ul style="list-style-type: none"> <li>• Clinic blood pressure &lt;180/110 mmHg with CKD stage ≥4 or diabetes with target organ damage/other risk factors</li> </ul>	<ul style="list-style-type: none"> <li>• Clinic blood pressure &gt;140/90 mmHg</li> <li>• Cardiovascular risk assessment for primary prevention</li> </ul>

General information to assist with referrals are available from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients)

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2.0	Nov 2021	Nov 2023	Update
3.0	Jan 2025	Jan 2027	Update

