Laboratory investigations

Initial tests
Hemoglobin and hematocrit
Serum creatinine with estimated creatinine clearance (Cockroft-Gault formula) or glomerular filtration rate (Modification of Diet in Renal Disease formula)
Serum sodium, potassium and calcium
Fasting glucose
Total cholesterol, LDL-cholesterol, HDL-cholesterol and triglycerides
Serum uric acid
Urinalysis (complemented by microalbuminuria via dipstick test and microscopic examination)
Electrocardiogram
Chest X-ray
Recommended tests
Glucose tolerance test (if fasting plasma glucose higher than 100 mg/dL)
High sensitivity C reactive protein (in patients with metabolic syndrome)
Quantitative microalbuminuria/proteinuria (if positive dipstick tests)
Fundoscopy
Echocardiography
Carotid ultrasound
Renal ultrasound
Home and 24 h ambulatory blood pressure monitoring
Ankle-brachial index
Pulse wave velocity measurement
Extended evaluation (domain of the specialist)
Further search for cerebral, cardiac, renal and vascular damage. Mandatory in complicated hypertension
Search for secondary hypertension when suggested by history, physical examination or routine tests: measurement of renin, aldosterone, corticosteroids, catecholamines in plasma and/or urine; angiographies; renal and adrenal ultrasound; computer-assisted tomography; magnetic resonance imaging

2010 高血壓治療指引 _ 通訊教育 09

§ 說明 §

1. 答對一題核發繼續教育積分一分。
2. 正確答案將於下期會訊中刊出。
3. 請於 100 年 7 月 15 日前傳真至秘書處。

( ) 1. Which is the aim of laboratory tests in hypertensive persons?

(a) provide evidence for additional risk factors.

(b) search for secondary hypertension.

(c) search for the absence or presence of organ damage.

(d) all of above.

( ) 2. Which is the routine laboratory tests recommended before initiating therapy for hypertension?

(a) ECG and CXR

(b) serum sodium, potassium, calcium, creatinine

(c) urinalysis

(d) all of above.

( ) 3. Renal parenchymal disease is the most common cause of secondary hypertension, which laboratory test is essential for renal parenchymal disease?

(a) serum creatinine concentration

(b) renal ultrasound

(c) urinalysis

(d) all of above

( ) 4. Which test helps to obtain a more valid assessment of global cardiovascular risk in hypertensive patients without evidence of target-organ damage after routine examination?
(a) echocardiography
(b) carotid ultrasound
(c) renal ultrasound
(d) a + b

( ) 5. Which laboratory test has been reported to predict the incidence of cardiovascular events in several clinical settings, especially in patients with metabolic syndrome?
(a) Serum sodium
(b) Serum uric acid
(c) High sensitivity C reactive protein
(d) Hemoglobin and hematocrit

〔高血壓治療指引通訊教育 _08 解答〕

1. (d)
2. (e)
3. (b)
4. (c)
5. (d)

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Re: 高血壓治療指引通訊教育回覆單（09）

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答　　案	(1) _____ (2) _____ (3) _____ (4) _____ (5) _____