

ENDOCRINE HYPERTENSION CLINIC REFERRAL

Identify

Patient Details/Bradma

Patient Name: Date of Birth:

Monash Health UR Number:

Address:

Home Phone:..... Mobile: Email:

Outpatient Inpatient Ward

For Inpatient only: Treating Consultant

Requester Details

Referring Dr: Signature: Date:

Provider No: Phone No: Pager No:

Address:

Copy of Report/Letters to: 1.

2.

Situation Relevant clinical details, including duration of hypertension, current medications, blood pressure control.

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Background Please indicate all cardiovascular, cerebrovascular, renal and metabolic comorbidities:

Stroke Atrial fibrillation Previous PCI Ischemic heart disease Heart failure Previous PCI/CABG
 Renal impairment Cr.....umol/L Obstructive sleep apnoea

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Assessment Clinical question to be addressed by the Endocrine Hypertension Clinic review.

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The Monash Health / Hudson Endocrine Hypertension Clinic offers a referral service for hypertensive patients who are suspected of having an endocrine cause. It is endocrinologist led and offers rapid access to 24-hour ambulatory blood pressure monitoring (usually same day) and comprehensive evaluation for secondary causes of hypertension. There is no cost to the patient.

We have the capacity to review patients frequently for medication adjustments and BP monitoring during the diagnostic process. We can promptly arrange diagnostic tests such as the saline suppression test and adrenal vein sampling for patients being investigated for primary aldosteronism.

Referral Guidelines

Appropriate patients may include those with hypertension and:

- BP > 150/100;
- BP > 140/90 despite 3 or more antihypertensives; or controlled BP < 140/90 on 4 or more agents;
- spontaneous or diuretic-induced hypokalemia;
- adrenal incidentaloma;
- sleep apnoea;
- a family history of early-onset hypertension or strokes at age < 40 years; or a first-degree relative with primary aldosteronism.

Location

The Endocrine Hypertension Clinic is located in the Department of Endocrinology, on Level 3, Block E, Monash Medical Centre, Clayton. One hour parking is available on Wright Street, with entry via a walkway directly opposite 18 Wright Street.

