



EDUCATIONAL GUIDE:

SUPPORTING PHARMACISTS IN HYPERTENSION CARE





COLOPHON

Educational guide: Supporting pharmacists in hypertension care is part of the FIP Hypertension Pharmacy Toolkit.

Authors

Inês Nunes da Cunha, FIP Practice Development and Transformation Manager

Gamze Nur Songur, FIP intern

Editor

Dalia Bajis, FIP Head of Programmes and Provision

Recommended citation

International Pharmaceutical Federation (FIP). Hypertension Pharmacy Toolkit. The Hague: FIP, 2025.

October 2025



DISCLAIMER

The toolkit is designed to support pharmacists in their interactions with patients. It does not account for specific national regulations. The roles and responsibilities of pharmacists varies across jurisdictions. Users must ensure compliance with relevant national laws and professional codes, including national drug regulations, data privacy, and professional and ethical conduct.

PURPOSE

The FIP Hypertension Pharmacy Toolkit aims to establish a sustainable and resilient care model where pharmacists act as long-term partners in hypertension management. Beyond identifying new cases or making early referrals, this model supports active collaboration with patients to stabilise blood pressure, improve outcomes, and strengthen community-based care.

The toolkit is intended for pharmacists and pharmacy team members with an interest in cardiovascular health.

It contributes to advancing **FIP Development Goal 15 - People Centred Care**





UPON SUCCESSFUL COMPLETION OF THIS CONTINUING EDUCATION GUIDE, YOU WILL BE ABLE TO:

- Understand hypertension and its impact on global and individual health.
- Define hypertension and its clinical criteria.
- Identify the risk factors for hypertension (modifiable and non-modifiable).
- Recognise common symptoms and the “silent” progression of hypertension.
- Understand blood pressure measurement techniques and diagnostic tools.
- Describe pharmacological and non-pharmacological treatment options for hypertension.
- Understand management strategies for special populations (e.g., pregnancy, diabetes).
- Recognise the pharmacist’s role in patient education, medication adherence, and monitoring.
- Use the hypertension toolkit to optimise patient care.
- Apply a case study to solve common hypertension management challenges.

PRACTICE REFLECTION

Reflecting on your own practice, take a moment to answer the question below.

Do you speak to your patients about their risk of hypertension and its management?

A Yes. I consistently discuss hypertension risk and/or management with my patients at a level I'm happy with.

B Yes. I occasionally discuss hypertension risk and/or management with my patients, but I would like to do more to help my patients with hypertension.

C No. Discussing hypertension is not part of my typical practice.

D No. I am unsure of where to start.



FEEDBACK

While most pharmacists and pharmacy team members would like to answer A, many may not. They may only occasionally speak to their patients with hypertension and/or they may not know where to start.

This educational guide is part of a comprehensive toolkit designed to enhance pharmacist-patient interactions while minimising the impact on daily workload and workflow. It offers practical approaches to initiate conversations about hypertension and make each interaction with patients count.

The good news is that the [Hypertension Pharmacy Toolkit](#) is now available for community pharmacists.

This educational guide is one component of the Hypertension Pharmacy Toolkit.

Explore practical strategies for impactful patient interactions in this educational guide.



KEY ACTIONS FOR PHARMACISTS:

- Encourage patients to bring the blood pressure monitoring log included in the FIP Hypertension Toolkit's patient information leaflet to each pharmacy or clinic visit for review, helping to identify patterns and optimise treatment decisions.
- Invite patients to partner with you and their primary care team (e.g., doctor, nurse, nurse practitioner) to co-create a personalised plan for lowering blood pressure and reducing cardiovascular risk, using the referral letter included in the FIP Hypertension Toolkit.
- Organise short “Know Your Numbers” sessions to explain target blood pressure ranges, why achieving them matters, and how patients can monitor their own progress.
- Offer regular follow-up (in person, by phone, or digitally) to reinforce lifestyle changes, review blood pressure trends, and adjust support as needed.

PHARMACISTS' ROLE ACROSS THE HYPERTENSION JOURNEY

Pharmacists play a vital role in supporting both individuals at risk of hypertension and those already living with the condition. Pharmacist-led strategies across the entire care journey aim to improve outcomes and enhance quality of life for patients with hypertension.



