



Choose from the following sessions:

Wed. Sep. 10, 2025 7:00-8:00 AM Click here to Join	Thur. Sep. 18, 2025 12:15-1:15 PM Click here to Join
--	--

The Science of Practicing Medicine

Hypertension

John Forman, MD, MSc, CHS

Boston Medical Center

John Sebas, MD

Sean Wherry, MD

Facilitators, planners and CME staff do not have any relevant financial relationships with ineligible companies to disclose.

Objectives:

At the conclusion of this presentation, participants should be able to:

- Compare and contrast the 2017 AHA/ACC hypertension guidelines with the JNC-7 guidelines, highlighting differences in BP classification, treatment thresholds, and clinical goals.
- Summarize the evidence supporting the 2017 AHA/ACC guidelines, particularly their association with improved cardiovascular outcomes, reduced morbidity, and lower all-cause mortality.
- Evaluate the potential risks and unintended consequences of intensive blood pressure lowering, including increased risk of hypotension, syncope, electrolyte abnormalities, and acute kidney injury—especially in older or frail populations.

Objectives Continued

- Identify and understand the technological resources and clinical support services available within large healthcare systems to assist primary care providers in the effective management of high blood pressure, including electronic health record tools, remote monitoring capabilities, multidisciplinary care teams, and specialty referral pathways.
- Promote a patient-centered, evidence-based approach to hypertension management that considers individual risk, comorbidities, and shared decision-making, to optimize both clinical and system-level outcomes.

CentraCare is accredited by the Minnesota Medical Association to provide continuing medical education for physicians.

CentraCare designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity which includes participation in the evaluation component, enables the learner to earn credit toward the CME requirement(s) of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

This education offering has been designed to meet the Minnesota Board of Nursing continuing education requirements for 1 contact hour. It is the personal responsibility of each participant to determine whether this activity meets the requirements for acceptable continuing education by the licensing organization.

To earn contact hours, participant must attend all sessions and complete an evaluation form.

Please contact the Medical Staff Development Office at (320) 255-5836 if you have special needs.



CME