

Hypertension Evaluation FAA Specifications

For **initial** evaluation of hypertension and treatment with medication, a current cardiovascular evaluation must be submitted. This evaluation must include pertinent personal and family medical history, an assessment of risk factors for coronary heart disease, a clinical examination including at least three blood pressure readings, a resting EKG, and a report of fasting plasma glucose, cholesterol (LDL/HDL), triglycerides, potassium, and creatinine levels. A maximal electrocardiographic exercise stress will be accomplished *if indicated by history or clinical findings*. Specific mention must be made of the medications used, their dosage, and the presence/absence and history of adverse effects.

Follow-up evaluations must include a current status report describing the medications used and the dosages, the adequacy of blood pressure control demonstrated by 3 periodic blood pressure readings, the presence/absence of side effects, the presence/absence of end-organ complications, and the results of any appropriate tests or studies. (K+ if on diuretics)

Hypertension follow-ups are required annually for first and second class medical applicants and at the time of renewal for third class certificate applicants.