

Be sceptical of buzz-phrases like “Best Practice” and “Evidence-Based”

General practitioners in New Zealand (like all clinicians) need to be discriminating and selective in sourcing medical knowledge and updates. This is particularly important with the plethora of information available on the internet now.

I think there is also a tendency in this country for GP’s to be talked down to by self-appointed “experts” and presented with updates and management guidelines which may not be all that they purport to be.

A case in point is a paper entitled “*Hypertension in Adults: The Silent Killer*”¹. This was published on-line last year in the New Zealand *Best Practice Journal*, which seems to be aimed principally at GP’s. Whilst I don’t disagree with everything in the article, I do disagree with some of the content and would be happy to debate these issues with the author/s.

Problem is – it is published anonymously. No-one’s name is attached to the article, although there is a comment at the end that the content has been reviewed and approved by “two cardiologists, two nephrologists and an epidemiologist” (also un-named).

In my view, if it’s being published as a best practice guideline it should be written by a leader in the field whose authorship is clearly identified.

If you are looking for some quality up-to-date clinical information on hypertension, I can recommend the Canadian Hypertension Education Programme², and the Cleveland Clinic Hypertension Guideline³.

1. Best Practice Journal August 2103 (Issue 54) 23-32
2. <https://www.hypertension.ca/en/chep>
3. http://my.clevelandclinic.org/health/diseases_conditions/hic_Hypertension_High_Blood_Pressure