

# Certified Examination for Hypertension Specialists



## Candidate Handbook 2025

Application Deadline*	Testing Window
April 2, 2025	May 3 – May 17, 2025
October 9, 2025	November 8 – November 22, 2025

**\*Applications will not be accepted after this deadline**

Administered by:



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[www.ptcny.com/contact](http://www.ptcny.com/contact)

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*This Handbook contains necessary information about the Certification Examination for Hypertension Specialists, retain it for future reference. Candidates are responsible for reading these instructions carefully. This Handbook is subject to change.*

## CONTACT INFORMATION

<p style="text-align: center;"><b>Professional Testing Corporation (PTC)</b>  <a href="http://www.ptcny.com">www.ptcny.com</a>                  (212) 356-0660</p>	<ul style="list-style-type: none"> <li>• Apply for examination</li> <li>• Obtain general application information</li> <li>• Obtain information about testing policies</li> <li>• Transfer to a new testing period</li> <li>• Request Test Accommodations</li> <li>• Request Score Verification</li> <li>• Questions about score reports</li> <li>• Recertification</li> <li>• Miscellaneous inquiries</li> </ul>
<p style="text-align: center;"><b>Prometric</b>  <a href="http://www.prometric.com/AHSCP">www.prometric.com/AHSCP</a>                  (800) 741-0934</p>	<ul style="list-style-type: none"> <li>• Schedule test appointment</li> <li>• Reschedule test appointment (within the same testing period)</li> <li>• Cancel test appointment</li> <li>• Find directions to test site</li> <li>• Questions regarding testing sites and appointments</li> </ul>
<p style="text-align: center;"><b>American Hypertension Specialist Certification Program (AHSCP)</b>  <a href="http://www.ahscp.org">www.ahscp.org</a></p>	<ul style="list-style-type: none"> <li>• Certified Hypertension Specialist Study Guide</li> <li>• Certified Hypertension Specialist Directory</li> </ul>

## ATTENTION CANDIDATES

This handbook contains necessary information about the Certification Examination for Hypertension Specialists. It is required reading for those applying for and taking the Examination. All individuals applying for the examination must comply with the policies, procedures, and deadlines in this Handbook and attest to this by signing the Candidate Attestation found on the application, retain this handbook for future reference. This handbook is subject to change. See [www.ptcny.com](http://www.ptcny.com) for handbook updates.

**ACCESSING CELL PHONES AND ELECTRONIC DEVICES AT ANY TIME WHILE YOU ARE TAKING THE EXAM IS PROHIBITED. YOU CAN ONLY REMOVE SNACKS, DRINKS, MEDICINE OR PERSONAL HEALTHCARE ITEMS FROM YOUR LOCKER- NO BACKPACKS, BAGS, POCKETBOOKS OR CLOTHING CAN BE REMOVED WHILE YOUR EXAM IS IN SESSION.**

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## WHAT IS THE AMERICAN HYPERTENSION SPECIALIST CERTIFICATION PROGRAM?

The American Hypertension Specialist Program (AHSCP) was formed in response to the growing recognition that the hypertension problem requires the coordinated effort of front-line health care providers and those physicians with documented expertise in managing hypertension. The Clinical Hypertension Specialist (CHS) designation was created for the specific purpose of identifying and recognizing physicians with expert skills and knowledge in the management of clinical hypertension and related disorders.

The AHSCP designates Clinical Hypertension Specialists on the basis of: a) submission of an application which documents training and experience in hypertension and related areas, and b) passing the Certification Examination for Hypertension Specialists.

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## THE CERTIFICATION PROCESS



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## ELIGIBILITY REQUIREMENTS – FOR CANDIDATES FROM THE U.S. & CANADA

By the application deadline, candidates must meet the following eligibility requirements:

1. Be a currently licensed physician in the United States or Canada.  
**[Submit a copy of current license with application]**
2. Be certified by a relevant primary board (American Board of Medical Specialties (ABMS) or equivalent) (e.g., Internal Medicine, Family Practice, Pediatrics, Obstetrics-Gynecology).  
**[Submit documentation with application]**
3. Meet at least ONE (1) of the following:
  - a. Certified by a relevant subspecialty board (ABMS or equivalent) (e.g., cardiovascular disease, nephrology, endocrinology).  
**[Submit documentation of specialty standing or training with application]**

OR

  - b. Current enrollment in an accredited relevant fellowship program (e.g., cardiovascular disease, nephrology, endocrinology)  
**[Submit appropriate documentation with application]**

OR

  - c. Demonstrate appropriate experience and practice activity in the management of complex hypertension problems (e.g., letter from Chief of Service or another recognized senior physician).  
**[Submit copy of letter or other documentation demonstrating experience and practice activity with application]**
4. Complete Attestation of Current Appointment Form by Chief of Department or Division.
5. Complete and file an Application for the Certification Examination for Hypertension Specialists.
6. Pay the required fee.

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## ELIGIBILITY REQUIREMENTS – FOR CANDIDATES OUTSIDE THE U.S. OR CANADA

By the application deadline, candidates must meet the following eligibility requirements:

1. Be a currently licensed physician.  
**[Submit a copy of current license, in English, with application]**
2. Be certified by a relevant national or U.S. primary board (American Board of Medical Specialties (ABMS) or equivalent) (e.g., Internal Medicine, Family Medicine, Pediatrics, Obstetrics-Gynecology).  
**[Submit documentation with application]**
3. Meet at least ONE (1) of the following:
  - a. Certified by a relevant secondary national or U.S. subspecialty board (ABMS or equivalent) (e.g., cardiovascular disease, nephrology, endocrinology).  
**[Submit documentation of specialty standing or training with application]**

OR

  - b. Current enrollment in an accredited relevant national or U.S. fellowship program (e.g., cardiovascular disease, nephrology, endocrinology).  
**[Submit appropriate documentation with application]**

OR

  - c. Demonstrate appropriate experience and practice activity in the management of complex hypertension problems (e.g., letter from Chief of Service or another recognized senior physician).  
**[Submit copy of letter or other documentation demonstrating experience and practice activity with application]**
4. Complete Attestation of Current Appointment Form by Chief of Department or Division.
5. Complete and file an Application for the Certification Examination for Hypertension Specialists.
6. Pay the required fee.

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## COMPLETION OF APPLICATION

### **Step 1 – Fill Out the Application**

- Go to <http://www.ptcny.com/test-sponsors/AHSCP>
  - View testing periods and application deadlines
  - Fill out online application completely and upload supporting documentation.
    - Use your first and last name exactly as it appears on your current driver’s license, passport, state issued non-driver ID or military ID.
    - Applications are not complete until all information, documentation, and payment has been provided.
    - When you start a new application, you will be asked to create a user account and password. This account information will be needed to access your score report after the end of the testing window. Keep this information in your records.

### **Step 2 – Submit Exam Fee and Application for Review**

PTC will send you an email that says that your payment and application have been received and are being reviewed. Allow up to 10 business days for review.

### **Step 3 – Receive Application Status Update**

- After your application is reviewed PTC will update you with another email.
  - **REOPENED FOR MORE DOCUMENTS**
    - This means we are missing the required documentation. Follow the directions in the email.
    - Applications that are incomplete as of 21 days before the start of the testing window will be refunded minus the administration fee (see fees page 9).
  - **REJECTED**
    - This means you are not eligible to take the exam. The reason will be explained in the email.
    - Rejected applications will be refunded minus the administration fee (see fees page 9)
  - **APPROVED**
    - This means your application is approved. You will move on to Step 4.

### **Step 4 – Receive Scheduling Authorization and Schedule Testing Appointment**

- Approved candidates will receive an email with their Scheduling Authorization, within 11 weeks before the start of the testing window. Scheduling Authorization emails come from [notices@ptcny.com](mailto:notices@ptcny.com). Do not lose this email.
- If you don’t receive your Scheduling Authorization email 3 weeks before the start of your testing window, contact PTC.

The Scheduling Authorization includes important information including:

- Your PTC Candidate ID number

Instructions on how to make your Exam appointment with Prometric.

**Applicants who are not approved to sit for the examination or whose applications are incomplete 21 days prior to the first day of the testing window will receive a refund of their application fee minus the \$75 administrative fee. Refunds will be processed approximately 30 days after the end of the testing period.**

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## APPLICATION CHECKLIST

Candidates **MUST** submit the following:

- ✓ Online application and fees
- ✓ Copy of current medical license
- ✓ Copy of primary board certification
- ✓ Attestation form completed by division chair or supervisor

Candidates must also submit **ONE** of the following:

- ✓ Copy of subspecialty board certification
- ✓ Documentation of current enrollment in a relevant, accredited fellowship program
- ✓ Letter from chief of service or other recognized senior physician, on letterhead, verifying demonstration of appropriate experience and practice activity in the management of complex hypertension problems

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## EXAMINATION ADMINISTRATION AND SCHEDULING

The Certification Examination for Hypertension Specialists is administered during an established two-week testing window on a daily basis, excluding holidays, at computer-based testing facilities managed by Prometric.

### Scheduling Examination Appointments

Follow the steps on your Scheduling Authorization to schedule your examination appointment with Prometric.



- Appointment times are first-come, first-served, so schedule your appointment as soon as you receive your Scheduling Authorization.
- **Candidates who wait until the last minute run the risk of missing out on their preferred date, time, and/or testing center. Candidates unable to schedule an appointment will forfeit their fees.**

After you make your test appointment, Prometric will send you a confirmation email with the date, time, and location of your exam. Check this confirmation carefully and contact Prometric at (800) 741-0934 if you do not receive this email confirmation or if there is a mistake with your appointment.

**Note: International candidates may also schedule, reschedule, or cancel an appointment online at <http://www.prometric.com/AHSCP>.**

### **IMPORTANT!**

You **MUST** present your current driver's license, passport, or U.S. military ID at the test center. Expired, temporary, or paper driver's licenses will **NOT** be accepted. The first and last name on your Scheduling Authorization must match the first and last name on your photo ID.

**Fees will not be refunded for exams missed because of invalid ID.**



## Rescheduling Examination Appointments within a Testing Period

Candidates can reschedule their examination appointments within the same testing period as long as the request is submitted within the timeframe described below. Reschedule within the permitted time frame by calling or going to the Prometric website: <http://www.prometric.com/AHSCP>.

Time Frame	Reschedule Permitted?	Stipulations
Requests submitted 30 days or more before the original appointment	Yes	None
Requests submitted 29 to 5 days before the original appointment	Yes	Candidate must pay Prometric a rescheduling fee of \$50.
Requests submitted less than 5 days before the original appointment	No	Candidates who do not arrive to test for their appointment will be considered a no-show and all their examinations fees will be forfeited. Candidates will need to reapply and pay full examination fees for a future testing period.

## Transferring to a New Testing Period

Candidates unable to take the examination during their scheduled testing period may request a **ONE-TIME** transfer to a future testing period. **There is a transfer fee of \$500.00.** After you have transferred once by paying the \$500.00 fee, you will need to pay the examination fee of \$1,000.00 in order to transfer a second time; so, ***plan carefully.***

**Note:** requests to transfer to a new testing period must be received within 30 days of your originally scheduled testing period.

Candidates wishing to transfer to a new testing period need to follow the steps below.

1. Go to [apply.ptcny.com](http://apply.ptcny.com).
2. Click "Start New Application."
3. PTC Support will send you an email letting you know your transfer application was approved and that you can log back into your application and pay the one-time \$500.00 transfer fee.

Call 212-356-0660 if you have any questions regarding the transfer process.

If candidates are unable to attend the examination on the date for which they registered and elect not to transfer to another testing period, the application will be closed and all fees will be forfeited. There will be no refund of fees.

The transfer fee is based on costs and is not punitive in nature. The transfer fee must be paid at the time the request is approved.

Note: Transferring your Examination only refers to instances when a candidate is unable to take their exam during a testing period for which they have already applied. Candidates who did not pass their examination and are retaking the examination need to pay the full Examination Fee.



### Failing to Report for an Examination

If you fail to report for an examination, you will forfeit all fees paid to take the examination. A completed application form and examination fee are required to reapply for the examination.

## EXAMINATION FEES

Fee Type	Amount	Details
Application Fee	US \$1,000.00	<ul style="list-style-type: none"> <li>• Non-refundable</li> <li>• Non-transferable</li> <li>• Includes testing center fees</li> <li>• Includes non-refundable \$75 administrative fee</li> </ul>
Rescheduling Fee (29-5 days prior to scheduled appointment; see page 8)	US \$50.00	<ul style="list-style-type: none"> <li>• <b>Applies to candidates who need to move their appointment within their current testing period</b></li> <li>• Payable directly to Prometric</li> <li>• Reschedule with Prometric online or over the phone</li> </ul>
Transfer Fee (Moving to a new testing window; see page 8)	US \$500.00	<ul style="list-style-type: none"> <li>• <b>Applies to candidates who need to move to a new testing period</b></li> <li>• Must submit new application &amp; fee to PTC</li> </ul>



- **There will be no refund of fees unless applicants are ineligible for the examination.**
- **Ineligible candidates will be refunded their fees minus an administrative fee.**
- **No refunds will be issued for applying for the incorrect examination or testing period, for failing to make an examination appointment, or for failing to appear at your scheduled appointment.**

**Be advised: Prometric does not have the authority to grant transfers to another testing period or refunds.**

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## TEST ACCOMMODATIONS

AHSCP and PTC support the intent of and comply with the Americans with Disabilities Act (ADA) and will take steps reasonably necessary to make testing accessible to persons with disabilities covered under the ADA. According to the ADA, an individual with a disability is a person who has a physical or mental impairment that substantially limits a major life activity (such as seeing, hearing, learning, reading, concentrating, or walking) or a major bodily function (such as neurological, endocrine, or digestive system).

The information you provide and any documentation regarding your disability and test accommodations is confidential and is not included in scoring or reporting.

All approved testing accommodations must maintain the psychometric nature and security of the examination. Accommodations that fundamentally alter the nature or security of the exam will not be granted. Note that accommodations for an examination (test accommodations) may not be the same as accommodations provided by your employer for your job. You can find more information about testing accommodations under the Americans with Disabilities Act ([www.ada.gov](http://www.ada.gov)).

Requests for Test Accommodations must be uploaded with the candidate's application and fees at least 8 weeks before the start of your testing period. You must complete and upload both Part 1 and Part 2 of this Form at the same time. Missing information or incomplete Forms will result in a delay in processing. **If your Form is incomplete and/or not received at least 8 weeks before the start of the testing period, we cannot guarantee that we can make these test accommodations in time for you to test and you may need to transfer to another testing period and pay the transfer fee.**

To request test accommodations, follow these 3 steps:

1. Download the Request for Test Accommodations Form, available from [www.ptcny.com](http://www.ptcny.com) or by calling PTC at (212) 356-0660.
2. Complete Test Accommodations Form with your doctor/healthcare professional.
3. Upload the completed and signed Request for Test Accommodations Form with the online exam application. Submit your application at least 8 weeks prior to the start of your chosen testing period.

### NOTES:

- Only those requests made and received on the official Request for Test Accommodations Form will be reviewed.
- All requests must be made at the time of application. Accommodations cannot be added to an existing exam appointment.
- Do not go to [www.prometric.com](http://www.prometric.com) or contact Prometric to request test accommodations as they are not authorized to approve accommodations. All requests for test accommodations must be submitted on the PTC Request Form.
- If you need to use your cell phone or another electronic device to monitor a medical condition, such as diabetes, be sure to include this on Part 1 of the Request for Test Accommodations Form

so that we can notify Prometric in advance.

- If you are a nursing parent and will need to use a breast pump during your exam, complete Part 1 of the Request for Test Accommodations Form and submit it at least 8 weeks before your testing period to allow time to make suitable arrangements at the test center.
- Only pre-approved test accommodations will be permitted on the day of the examination. Test center personnel are not authorized to make any changes to the test accommodations on the day of the testing session and any such change may result in your examination score being canceled.

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## PREPARING FOR THE EXAMINATION

- Check your driver's license, passport, non-driver state issued ID or U.S. Military ID.
  - Is it expired?
  - Does the first and last name on your ID match the first and last name on your Scheduling Authorization email?
  - Proctors at the Prometric testing center will refuse admission to candidates with expired ID, IDs with names that do not match their records, and temporary paper IDs. Candidates will be marked as no-shows and will forfeit their exam fees.
- Check your PTC Scheduling Authorization email and Prometric Appointment Confirmation email to make sure everything is accurate (i.e., your first and last name, exam name, appointment date, time and location).
- Make yourself familiar with the location of your test center and parking options and check the weather and traffic conditions before you leave for the test center. Allow plenty of time as late arrival may prevent you from testing.
- In the event of inclement weather, check the Prometric website for site closures: <https://www.prometric.com/closures>
- Prometric's website provides information on what you can expect on your test day, including a walkthrough of check in and security procedures: <https://www.prometric.com/test-center-security>.
- This Handbook provides the Content Outline for the Examination (see appendix). Use this to help you start studying for the examination.
- Review the Prometric software tutorial: <https://ptcny.com/pdf/prometricsoftwaretutorial.pdf>

Review What to Expect at the Test Center and Rules for the Examination on the next pages before your appointment.

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## WHAT TO EXPECT AT THE TESTING CENTER

- Candidate Check-In
  - Candidates will be asked to:
    - present their IDs.
    - empty and turn out their pockets.
    - walk through a metal detector or get “wanded”.
  - Eyeglasses, jewelry, and other accessories will be inspected.
    - Jewelry other than wedding and engagement rings is prohibited.
    - Leave these at home or place them in your locker.
  - Religious headwear may be worn into the testing room; however, it is subject to inspection by test center staff.
  - Prometric provides lockers to store purses, backpacks, mobile phones, jackets, food, drinks and medical supplies.
  - Water in a clear plastic containers (no labels) may be brought into the testing room.
  
- During the Exam
  - No breaks are scheduled during the exam.
  - Candidates are only permitted to leave the testing room to use the restroom or access food, drink, or medicine from their assigned locker. The exam timer will NOT be paused.
  - Smoking is prohibited at the testing center.
  - All examinations are monitored and may be recorded in both audio and video format.
  
- Keep in mind:
  - Other exams will be administered at the same time as your examination.
  - You may hear ambient noises such as typing, coughing, or people entering and exiting the testing room that cannot be avoided.
  - Prometric is unable to provide a completely noise-free environment.
  - Headphones may be requested to minimize the impact of ambient noise.
  - Proctors will periodically walk through the testing room as part of their monitoring process.
  - See [Prometric’s website](#) for more information about what to expect on testing day.

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## RULES FOR THE EXAMINATION

Read the information below carefully. You are responsible for adhering to the examination rules while at the testing center.

⇒ DO NOT BRING

These items are strictly prohibited at the testing center. Leave these items in your car or your assigned locker.

- Cell phones and all other electronic devices
- Watches
- Jackets/coats/bulky clothing such as sweatshirts
- Hats (except hats worn for religious reasons)
- Jewelry, including watches and wearable technology.



- ⇒ You may NOT access the following at any time during your exam or breaks: papers, books, any reference materials; electronic devices including your cell phone. Candidates may access the following items from their locker: snacks, drinks, medicine, or other personal healthcare items.
- ⇒ No questions concerning content of the examination may be asked during the examination session. Read carefully the directions that are provided on screen at the beginning of the examination session.
- ⇒ You are prohibited from leaving the testing room while your examination is in session, except for going to the restroom. Candidates who do go to their lockers or the restroom will need to repeat the security screening before being permitted to reenter the testing room. **Candidates who leave the center will have their examinations terminated.**
- ⇒ See [Prometric's statement on Test Center Security](#) for more information.

Contact PTC at (212) 356-0660 or [www.ptcny.com/contact](http://www.ptcny.com/contact) with any questions about the Examination Rules.

**Irregular or improper behavior that is observed, made apparent by statistical analysis, or uncovered by other means before, during or after the examination will be considered a violation of these rules and may constitute grounds for invalidation of a candidate's examination. AHSCP will initiate an investigation and request suitable analyses and appropriate documentation.**

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## TESTING CONDITIONS OR EXAMINATION FEEDBACK

Any candidate who feels that the examination effort was negatively impacted by the test center conditions should notify the proctor immediately. The situation should also be reported to PTC at [www.ptcny.com/contact](http://www.ptcny.com/contact) within 15 days of the test appointment. Any comments about the test itself should also be reported to PTC at [www.ptcny.com/contact](http://www.ptcny.com/contact) within 15 days of the test appointment.

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## REPORT OF RESULTS

All candidates will be notified via email by PTC, of their official scores (scores on the major areas of the examination and on the total examination will be reported) within approximately four weeks of the close of the testing period. This time is necessary to allow for the psychometric review and administration time required to ensure accurate and reliable scores.

### Confidentiality of Examination Scores

The American Hypertension Specialist Certification Program will release the individual examination scores in writing ONLY to the individual candidate.

### Requesting a Examination Score Verification

Candidates who fail the examination may request a score verification of their data file. Score verification is a manual check of the data file by the testing service to determine if there have been any errors in scoring. Although the probability of such an error is extremely remote, this service is available. Requests for score verification must be received by PTC no later than 90 days after the date of the examination by completing and returning Exam Score Verification Request form on [www.ptcny.com](http://www.ptcny.com) with payment of \$35. Candidates who fail the examination will not be permitted to see the examination questions. For reasons of test security, no candidate is allowed to review the examination or any of its items.

To ensure correct reporting of results, PTC automatically performs score verification of examinations of candidates who score within 3 points of passing as a quality control measure. Thus, it is extremely doubtful that any examination results will change from “fail” to “pass” through score verification

### Reexamination

The Certified Hypertension Specialist Examination may be taken as often as desired, upon filing of a new Application and fee. There is no limit to the number of times the examination may be repeated; however, candidates may not retest during the same testing period.

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## EXAMINATION SECURITY

Candidates seeking admission to take the examination do so for the purpose of pursuing registration, and for no other purpose. Because of the confidential nature of the examination, candidates may not make or keep copies, excerpts, or notes of examination materials, and to not use or divulge information learned from the examination. The examination is the exclusive property of AHSCP and candidates may not use examination information in any way without the express prior written consent of AHSCP.

The Certified Hypertension Specialist Examination is confidential. Candidates are required to sign a confidentiality agreement prior to the start of the examination.

Candidates agree to abide by the testing rules in effect at the time of their test appointment. AHSCP, PTC, and/or Prometric staff may refuse a candidate admission to the examination if they do not have the proper identification as detailed in the Candidate Handbook. Candidates who do not abide by the testing rules may have their exam terminated during the exam administration in order to maintain a secure and proper exam administration and/or exam scores invalidated.

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## ATTAINMENT OF CERTIFICATION & RECERTIFICATION

Eligible candidates who pass the Certification Examination for Hypertension Specialists are eligible to use the designation *Clinical Hypertension Specialist (CHS)* after their names and will receive certificates from the American Hypertension Specialist Certification Program. A registry of designated *Clinical Hypertension Specialists* will be maintained by AHSCP and may be reported in various publications.

The *Clinical Hypertension Specialist* designation is recognized for a period of 10 years at which time the candidate must retake and pass the current Certification Examination for Hypertension Specialists or meet such alternative requirements as are in effect at that time in order to retain designation.

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## REVOCAION OF DESIGNATION

Designation will be revoked for violations of the policies of the Board of the AHSCP, including, but not limited to:

1. Falsification of an Application.
2. Revocation of any current license to practice medicine.
3. Misrepresentation of designation status.

The Board of the AHSCP shall make all decisions regarding revocation of designation.

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## CONTENT OF THE EXAMINATION

The Certification Examination for Hypertension Specialists is a computer-based examination composed of a maximum of 200 multiple-choice, objective questions with a total testing time of three and a half (3.5) hours. The content for the examination is described in the Content Outline on the next page.

The questions for the examination are obtained from individuals with expertise in clinical hypertension and are reviewed for construction, accuracy, and appropriateness by AHSCP.

AHSCP, with the advice and assistance of the Professional Testing Corporation, prepares the examination.

The Certification Examination for Hypertension Specialists will be weighted in approximately the following manner:

I.	Basic Science	15%
II.	Diagnostic Evaluation	10%
III.	Secondary Hypertension	20%
IV.	Treatment	35%
V.	Treatment Special Conditions	20%



### **I. BASIC SCIENCE**

- A. Physiology (e.g. hemodynamics, renin-angiotensin-aldosterone system, sympathetic nervous system)
- B. Pathophysiology
- C. Epidemiology (e.g. risk, prevalence, importance of systolic hypertension, control rates)
- D. Genetics
- E. Pharmacology

### **II. DIAGNOSTIC EVALUATION**

- A. Blood Pressure Measurement/Monitoring
- B. Blood Pressure Classification
- C. Clinical Characteristics
- D. Laboratory Testing
- E. Target Organ Damage

### **III. SECONDARY HYPERTENSION**

- A. Renal Parenchymal Disease
- B. Renovascular
- C. Endocrine
- D. Obstructive Sleep Apnea
- E. Other – including Pharmacologic

### **IV. TREATMENT**

- A. Prevention/Public Health Strategies
- B. Lifestyle Modification/Nonpharmacologic Treatment
- C. Clinical Trials
- D. Drug Therapy (drugs, combination therapy, targets, approaches)
- E. Treatment Guidelines
- F. Barriers to Treatment and Control, Adherence

### **V. TREATMENT: SPECIAL CONDITIONS**

- A. Hypertensive Crisis/Emergencies/Urgencies/Malignant Hypertension
- B. Resistant Hypertension
- C. Co-existing Renal Disease (Proteinuria, Diabetic Nephropathy, Renal Failure)
- D. Co-existing Heart Disease (Coronary Artery Disease, Myocardial Infarction, Congestive Heart Failure)
- E. Co-existing Vascular Disease (Aortic Aneurysm, Stroke)
- F. Lipids, Obesity, and Diabetes
- G. Hypertension in Pregnancy
- H. Orthostatic Hypotension
- I. Psychologic Disorders
- J. Children and Adolescents

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## SAMPLE EXAMINATION QUESTIONS

The following are samples of the types of questions that may appear on the Certification Examination for Hypertension Specialists. These sample questions are intended for candidates to view how test questions are structured. These are samples and these specific questions will not appear on the examination.

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1. A 42-year-old man, seen for a check-up, has blood pressure of 135/85 mm Hg, with a body mass index of 29, and no symptoms. He reports occasional exercise and consumption of 4-5 beers per week. The exam and usual tests are normal. Which of the following lifestyle interventions is the best strategy for management?

1. Weight loss
2. Stress management
3. Decreased alcohol intake
4. Dietary supplementation with potassium

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2. An overweight 55-year-old man with type II diabetes mellitus has blood pressures 145-150/90-95 mm Hg. His fasting glucose level is 138 mg/dL and his hemoglobin A1C level is 7.8%. He has normal renal function and 1+ proteinuria. He stopped smoking one year ago. Which antihypertensive drug should be started?

1. Ramipril
2. Verapamil
3. Metoprolol
4. Amlodipine

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3. A 24-year-old woman is seen for recent headaches with a blood pressure of 190/120 mm Hg. Two years ago her pressure was normal. The examination is normal except for narrowed retinal arteries and a systolic-diastolic upper abdominal bruit. Urinalysis is normal, serum creatinine is 0.9 mg/dL, Na 139, K 3.6, Cl 102, HCO<sub>3</sub> 26. Which of the following tests is indicated?

1. Renal artery imaging
2. 24-hour urine free cortisol
3. Urine metanephrine excretion
4. Serum thyroid hormone and TSH levels

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4. Laboratory studies in a 45-year-old man with an average blood pressure of 165/110 mm Hg while receiving no antihypertensive therapy are as follows: Serum sodium 144 mEq/L, potassium 3.1 mEq/L,

HCO<sub>3</sub> 32, glucose 110 mg/dL and creatinine 1.1 mg/dL. Which one of the following test results obtained after 7 days on a high sodium diet supports the suspected diagnosis of primary aldosteronism?

1. Plasma renin activity= 2.5 ng/mL/hr
2. Urinary potassium excretion = 20 mEq/L
3. Plasma aldosterone / plasma renin activity ratio = 8.0
4. Urinary aldosterone excretion = 30 micrograms/24 hours

ANSWER KEY	
Q	A
1	1
2	1
3	1
4	4

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## ASSESSMENT TOOLS AND STUDY OPTIONS

Assessment tools and study options for preparing to take the Clinical Hypertension Specialist Examination include the following:

- “2020 Certification Examination for Hypertension Specialists” – Handbook for Candidates – see sections entitled (1) Content Outline, and (2) Sample Examination Questions.
- The Practice Examination for the Hypertension Specialist Examination, a 60-question computerized test simulating the actual examination. The practice examination covers the five content areas of the examination. For more information, go to [www.ptcny.com](http://www.ptcny.com).
- Refer to the "Suggested Study Topics for the Hypertension Specialist Certification Exam" at <http://www.ahscp.org/wp-content/uploads/2018/03/CHS-Study-Guide.pdf>. This Study Topics document is an outline of current clinical hypertension literature, and consists of (a) hypertension textbooks (b) links to clinical practice guidelines and statements, and (c) a list of significant randomized clinical trials that serve as the basis for current practice recommendations.

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## ONLINE PRACTICE TEST

**WHAT IS IT:** A practice test consisting of 60 questions with a testing time of 2 hours taken over the Internet

**WHY TAKE IT:** To experience taking a computerized exam, to review an example of the type of content included in the Certification Examination for Hypertension Specialists, and to learn more about question format, style, and level of difficulty

**SCORE REPORT:** After completing the online practice test, you will receive an instant score report showing test performance in each of the content areas. The score report does not provide correct answers or indicate which questions were answered correctly and incorrectly. Once the practice test is scored, you cannot return to the test to review the questions

**NOTE:** The online practice test is an optional tool candidates may use as they prepare for the certification examination. While the practice test may help candidates identify areas of strengths and weakness, it should not be used as the only means to determine candidate preparedness or readiness to test. Since the practice test is NOT intended to be a study guide nor the sole source of preparation for the actual certification examination, candidates are NOT provided with the answer key, rationales for each question, nor notification of which specific items were answered correctly or incorrectly.

Though the specific questions that are on the practice test will not appear on the actual certification examination, it allows candidates to become familiar with the style of questions that may be asked. The instant score report received after practice test submission shows overall test performance as well as performance in each of the content areas. Candidates may find this information useful in determining future study needs. Once the practice test is scored, candidates cannot return to the test to review the questions. Performance on the practice test does not guarantee similar performance on the actual certification examination.

The PTC Online Testing System does not demonstrate the testing software used during the certification examinations. Those who purchase the online practice test should be aware that they will use a different testing platform when they take certification examinations at designated proctored testing centers.

The practice test is not a requirement for certification eligibility nor does it contribute in any way to success on the certification examination. There are many ways candidates should prepare for the certification examination. Candidates should use a variety of resources and consider their own education and experiences. Review the content outline and reference materials listed in the handbook for additional exam-related information.

**CONTENT INCLUDED**

- I. Basic Science
- II. Diagnostic Evaluation
- III. Secondary Hypertension
- IV. Treatment
- V. Treatment Special Conditions

**FEE:** \$195 by credit card

**APPLY:** Go to [www.ptcny.com](http://www.ptcny.com) and select Online Practice Test for Specialists in Clinical Hypertension

**FURTHER INFO:** Visit [www.ptcny.com](http://www.ptcny.com) or call Professional Testing Corporation at 212-356-0660

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