

Clinical Guidelines

Adult resting heart rate is typically 60-100 beats per minute. Sustained values below 50 (bradycardia) or above 120 at rest (tachycardia) warrant evaluation, particularly if accompanied by dizziness, chest pain, or syncope.

Acetaminophen (paracetamol) at the standard adult dose of 500-1000 mg every 6 hours is generally well tolerated. The maximum recommended daily dose is 4 g for healthy adults; patients with hepatic impairment or chronic alcohol use should be capped at 2 g per day to reduce hepatotoxicity risk.

First-line management of mild hypertension (140-159 / 90-99 mmHg without end-organ damage) is lifestyle modification: reduced sodium intake, regular aerobic exercise, weight management, and reducing alcohol consumption. Medication is added if blood pressure is not controlled after 3 months.