



National Protocol for

Hypertension Management

in Primary Health Care Settings

Measure blood pressure of **all adults** 20 years and over.

High blood pressure: SBP \geq 140 mmHg or DBP \geq 90 mmHg.

NOTE: Before moving to next titration step or referring the patient, make sure the patient is taking medications regularly and correctly.

STEP 1 If blood pressure is high,
Prescribe amlodipine 5 mg once daily.

STEP 2 After 1 month, measure BP again.
If still high,
Continue amlodipine 5 mg and add losartan 50 mg once daily.^{1,2}

After 1 month, measure BP again.
If still high,
STEP 3 Increase amlodipine to 10 mg and losartan to 100 mg once daily.^{1,2}

After 1 month, measure BP again. If still high,
STEP 4 Add hydrochlorothiazide 25 mg once daily
OR
Refer to a specialist

Other management considerations:

- Screen and manage other CVD risk factors such as smoking, obesity, diabetes and hypercholesterolemia according to PhilPEN protocol.
- Aim for BP < 130/80 for people at high risk, such as individuals with diabetes, prior heart attack, TIA/stroke, or chronic kidney disease.
- Emergency referral criteria: SBP \geq 180 or DBP \geq 120 with severe headache, other neurologic symptoms, nausea, chest pain, shortness of breath, or other evidence of end-organ damage.

Lifestyle Advice for All Patients



Avoid tobacco use and harmful use of alcohol.



Increase regular physical activity to at least 2.5 hours per week.



If overweight, lose weight.



Eat a heart-healthy diet low in salt, trans-fats and added sugar:

Use calamansi juice and vinegar to season your food instead of soy sauce/toyo, patis, bagoong and ketchup.

Eat plenty of fresh whole foods including vegetables, fruit, whole grains, beans, nuts and seeds.

Limit intake of salty meats (ham, bacon, tocino, sausage, hotdogs) and salty fish (tinapa, dilis, daing, bulad/tuyo, tuloy and ginamos).

Limit consumption of processed, canned and 'fast' foods.

Avoid donuts, cookies, sweets, fizzy drinks and juice with added sugar.

1. Losartan should not be given to women who are or could become pregnant.

2. Amlodipine and losartan should be taken together.