

Hypertension Protocol



Measure blood pressure of **all adults over 18 years**

High BP: **SBP \geq 140** or **DBP \geq 90** mmHg

Check for compliance at each visit before titration of dose or addition of drugs

Step
1

If BP is high*

Prescribe Amlodipine 5 mg + adherence counseling

Step
2

After 30 days measure BP again. If still high:

Add Telmisartan 40mg**

Step
3

After 30 days measure BP again. If still high:

Increase Telmisartan to 80mg

Step
4

After 30 days measure BP again. If still high:

Increase Amlodipine to 10mg

Step
5

After 30 days measure BP again. If still high:

Add Chlorthalidone 6.25mg

Step
6

After 30 days measure BP again. If still high:

Increase Chlorthalidone to 12.5mg

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After 30 days measure BP again. If still high:

Check that patient has been taking drugs regularly and correctly. If so, refer patient to a specialist.

Women who are or could become pregnant

- ▲ DO NOT give Telmisartan or Chlorthalidone.
- ACE inhibitors, angiotensin receptor blockers (ARBs), thiazide/thiazide like diuretics and statins should not be given to pregnant women or to women of childbearing age not on highly effective contraception.
- Calcium channel blocker (CCB) can be used. If not controlled with intensification dose, refer to specialist.

Diabetic patients

- Treat diabetes according to protocol.
- Aim for BP target of <140/90.

Heart attack in last 3 years

- Add beta blocker to Amlodipine at initial treatment.

Heart attack or stroke ever

- Begin low-dose aspirin (75 mg) and statin.

Chronic kidney disease

- ACE inhibitor or ARB preferred if close clinical and biochemical monitoring possible after specialist opinion.

* If SBP 140-159 and/or DBP 90-99, start on lifestyle management for one month prior to initiation of medications.

If SBP \geq 180 and/or DBP \geq 110 start treatment and refer to specialist immediately.

Recommended investigations at initiation of therapy: CBC, blood sugar, serum creatinine, electrolytes (optional). If S creatinine >1.5 mg, refer to specialist.

** If Telmisartan not available: replace with Enalapril 5 mg (initiation dose) and 10 mg (intensification dose).

Lifestyle advice for all patients



Eat less than 1 tsp of salt per day: avoid papads, chips, chutneys, dips, pickles, etc.



If overweight, lose weight.



Exercise regularly: 2.5 hours per week



Avoid alcohol and tobacco

- Limit intake of fried foods.
- Avoid foods with high amounts of saturated fats (e.g. cheese, ice cream, fatty meat).
- Avoid processed foods containing trans fats.
- Avoid added sugar.

- Eat 5 servings of fruits and vegetables per day.
- Use healthy oils: polyunsaturated and monounsaturated oils.
- Reduce fat intake by changing how you cook: remove the fatty part of meat; use vegetable oil; boil, steam or bake rather than fry; limit reuse of oil for frying.

