

## TREATMENT PROTOCOL FOR HYPERTENSION

Government of Kerala  
Department of Health and Family Welfare  
State NCD Division



### BP Measurement

- At least 2 readings at an interval of 2 minutes. If readings differ by more than 5 mmHg take a third reading.
- The lower of the readings should be taken as the representative SBP and DBP
- IF SBP >180 and/or DBP >110 refer immediately to higher centre.
- IF SBP 160-179 and/or DBP 100-109, Basic Investigations ECG, S.Creatinine to be done and drug treatment and lifestyle modification.
- SBP 140-159 and/or DBP 90-99, start on Life style modification

### Life style modification

All patient require life long life style modification

- Dietary Change : salt restricted (<5g/day), low fat diet
- Reduce weight- Target BMI 18.5-22.9 Kg/m<sup>2</sup>
- Regular exercise-moderate intensity, 30 minutes, 5 days a week
- Stop smoking
- Avoid unhealthy alcohol; intake

### Measuring Blood Pressure

- Mercury Sphygmometer or Electronic Digital Oscillometric devices validated using a standard protocol and calibrates regularly should be used
- Patient should relax for 5 minutes before measurement
- Should not have had caffeine in the past hour or smoked in the past 30 minutes
- Should be seated comfortably with back supported, arm at heart level and legs uncrossed
- Appropriate cuff size- length of bladder 80% of arm circumference and width 40% of arm circumference