Hypertension Protocol

Screen all adults over 18 years.

High BP: SBP > 140 or DBP > 90 mmHg

**Step 1**

**If BP is high**

Check S. Creatinine and Urine Protein

Start on lifestyle modifications for 3 months. Review every month.

If BP is high at monthly review, start on drug treatment

Review in 3 months. If BP is high

**Start Amlodipine 5mg (CCB)**

**Step 2**

Review in 1 month. If BP is high

**Add Telmisartan 40mg (ARB)**

Along with Amlodipine 5mg

**Step 3**

Review in 1 month. If BP is high

**Intensify Telmisartan to 80mg**

Along with Amlodipine 5mg

**Step 4**

Review in 1 month. If BP is high

**Intensify Amlodipine to 10mg**

Along with Telmisartan 80mg

**Step 5**

Review in 1 month. If BP is high

**Add Chlorthalidone 12.5mg (diuretic)**

Along with Amlodipine 10mg and Telmisartan 80mg

**Step 6**

Review in 1 month. If BP is high

Confirm compliance to treatment. If confirmed, refer to specialist.

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**Blood pressure measurements**

At least 2 readings at an interval of 2 minutes. If readings differ by more than 5mm Hg, 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 after starting treatment.

- **If SBP ≥ 160-179 and/or DBP ≥ 100-109**
  - Do basic investigations: ECG, S. creatinine.
  - Start on lifestyle modifications.
  - Start drug treatment.

- **If SBP ≥ 140-159 and/or DBP ≥ 90-99**
  - Start on lifestyle modifications.

**Measuring blood pressure**

- Use a mercury sphygmomanometer or electronic digital oscillometric device that is validated using a standard protocol and calibrated regularly.
- Patient should relax for 5 minutes before measurement.
- Patient should not have had caffeine in the past hour or smoked in the past 30 minutes.
- Patient should be seated comfortably with back supported, arm at heart level, and legs uncrossed.
- Appropriate cuff size: length of bladder 80% of arm circumference, width 40% of arm circumference.

**Lifestyle modification**

All patients require lifetime lifestyle modification.

- **Change diet**
  - Salt restricted (<5g/day), low-fat diet.
- **Reduce weight**
  - Target BMI 18.5 - 22.9 kg/m²
- **Regular exercise**
  - Moderate intensity, 30 minutes, 5 days a week
- **Alcohol and Smoking**
  - Avoid unhealthy intake of alcohol. Stop smoking.