National Protocol for Hypertension Management in Primary Health Care Settings

Measure blood pressure of all adults 20 years and over.

High blood pressure: SBP ≥ 140 mmHg or DBP ≥ 90 mmHg.

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

1. **If blood pressure is high,** prescribe amlodipine 5 mg once daily.

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,** increase amlodipine to 10 mg and losartan to 100 mg once daily.¹ ²
         - **After 1 month, measure BP again.**
           - **If still high,** add hydrochlorothiazide 25 mg once daily
           - **OR**
           - Refer to a specialist

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1. Losartan should not be given to women who are or could become pregnant.
2. Amlodipine and losartan should be taken together.

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**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 ≥ 180 or DBP ≥ 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/boy, patis, baguio 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/huo, tuloy and ginamos).
  - Limit consumption of processed, canned and ‘fast’ foods.
  - Avoid donuts, cookies, sweets, fizzy drinks and juice with added sugar.