Hypertension Protocol

Measure blood pressure of **all adults** over 30 years

**High BP: SBP ≥ 140 or DBP ≥ 90 mmHg**

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

1. **Step 1**
   - If BP is high: *
     - Prescribe Amlodipine 5mg

2. **Step 2**
   - After 30 days measure BP again. If still high:
     - Increase to Amlodipine 10mg

3. **Step 3**
   - After 30 days measure BP again. If still high:
     - Add Telmisartan 40mg

4. **Step 4**
   - After 30 days measure BP again. If still high:
     - Increase to Telmisartan 80mg

5. **Step 5**
   - After 30 days measure BP again. If still high:
     - Add Chlorthalidone 12.5mg**

6. **Step 6**
   - After 30 days measure BP again. If still high:
     - Increase to Chlorthalidone 25mg**

   - After 30 days measure BP again. If still high:
     - Check if the patient has been taking medications regularly and correctly. If yes, refer to a specialist.

**Pregnant women and women who may become pregnant**

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

**Diabetic patients**

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

**Heart attack in last 3 years**

- Add beta blocker to Amlodipine with initial treatment.

**Heart attack or stroke, ever**

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

**People with high CVD risk**

- Consider aspirin and statin.

**Chronic kidney disease**

- ACEI or ARB preferred if close clinical and biochemical monitoring is possible.

**Lifestyle advice for all patients**

- Avoid tobacco and alcohol
- Exercise 2.5 hours/week
- Reduce weight, if overweight
- Reduce salt, under 1 tsp/day
- Eat less fried foods
- Eat 5 servings of fruits and vegetables per day
- Avoid papads, chips, chutneys, dips, pickles etc.
- Use healthy oils like sunflower, mustard, or groundnut.
- Limit consumption of foods containing high amounts of saturated fats
- Reduce weight if overweight.
- Reduce fat intake by changing how you cook:
  - Remove the fatty part of meat
  - Use vegetable oil
  - Boil, steam, or bake instead of fry
  - Limit reuse of oil for frying
- Avoid processed foods containing trans fats.
- Avoid added sugar.

**Recommendations**

- Dispense drugs for 30 days and give appointment after 28 days
- Medications should be taken at the same time each day