West Bengal

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

Step 1
If BP is high:
Prescribe Amlodipine 5mg

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

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

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

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 to Chlorthalidone 12.5mg**

If SBP ≥ 180 or DBP ≥ 110, refer patient to a specialist after starting treatment
If SBP 160-179 or DBP 100-109, start treatment on the same day
If SBP 140-159 or DBP 90-99, check on a different day and if still elevated, start treatment

Recommended investigations at initiation of therapy:
- Haemoglobin, blood sugar, urine analysis for proteinuria, serum creatinine

Hydrochlorothiazide can be used if Chlorthalidone not available (12.5mg starting dose, 25mg intensification dose)

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 to Amlodipine with initial treatment

People with high CVD risk
- Consider aspirin and statin

Chronic kidney disease
- ACEI or ARB preferred if close clinical and biochemical monitoring is possible

Referral criteria for patients
- Cardiovascular disease, chronic kidney disease, and difficult-to-control diabetes
- Suspected secondary hypertension
- Adverse events with protocol medications
- Women who are pregnant

DOB or other contraceptive may be used in lactating women

Avoid processed foods containing trans fats.

Avoid added sugar.

Dispense drugs for 30 days and give appointment after 28 days.

Medications should be taken at the same time each day.

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.