## **Andhra Pradesh**

# 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



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**



After 30 days measure BP again. If still high:

Add Hydrochlorothiazide 12.5mg



After 30 days measure BP again. If still high:

# **Increase to Hydrochlorothiazide 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.</li>

### 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.

### **Chronic kidney disease**

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

## Lifestyle advice for all patients





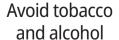


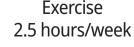




Eat less fried foods

- Eat 5 servings of fruits and vegetables per day.
- Avoid papads, chips, chutneys, dips, pickles etc
- Use healthy oils like sunflower, safflower, groundnut, etc
- Limit consumption of foods containing high amounts of saturated fats (cheese, ice-cream, fatty meat).
- 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 excess sugar, carbonated/packaged drinks.





Reduce weight, if overweight

Reduce salt, under 1 tsp/day

