

India's Hypertension Journey

World's largest NCD primary care programme: A scalable model



स्वास्थ्य एवं परिवार कल्याण मंत्रालय
MINISTRY OF HEALTH AND FAMILY WELFARE



India Hypertension Control Initiative: The Catalyst (2017- 2023)



A joint initiative of Ministry of Health & Family Welfare, Indian Council of Medical Research, State Governments, WHO India & Resolve To Save Lives



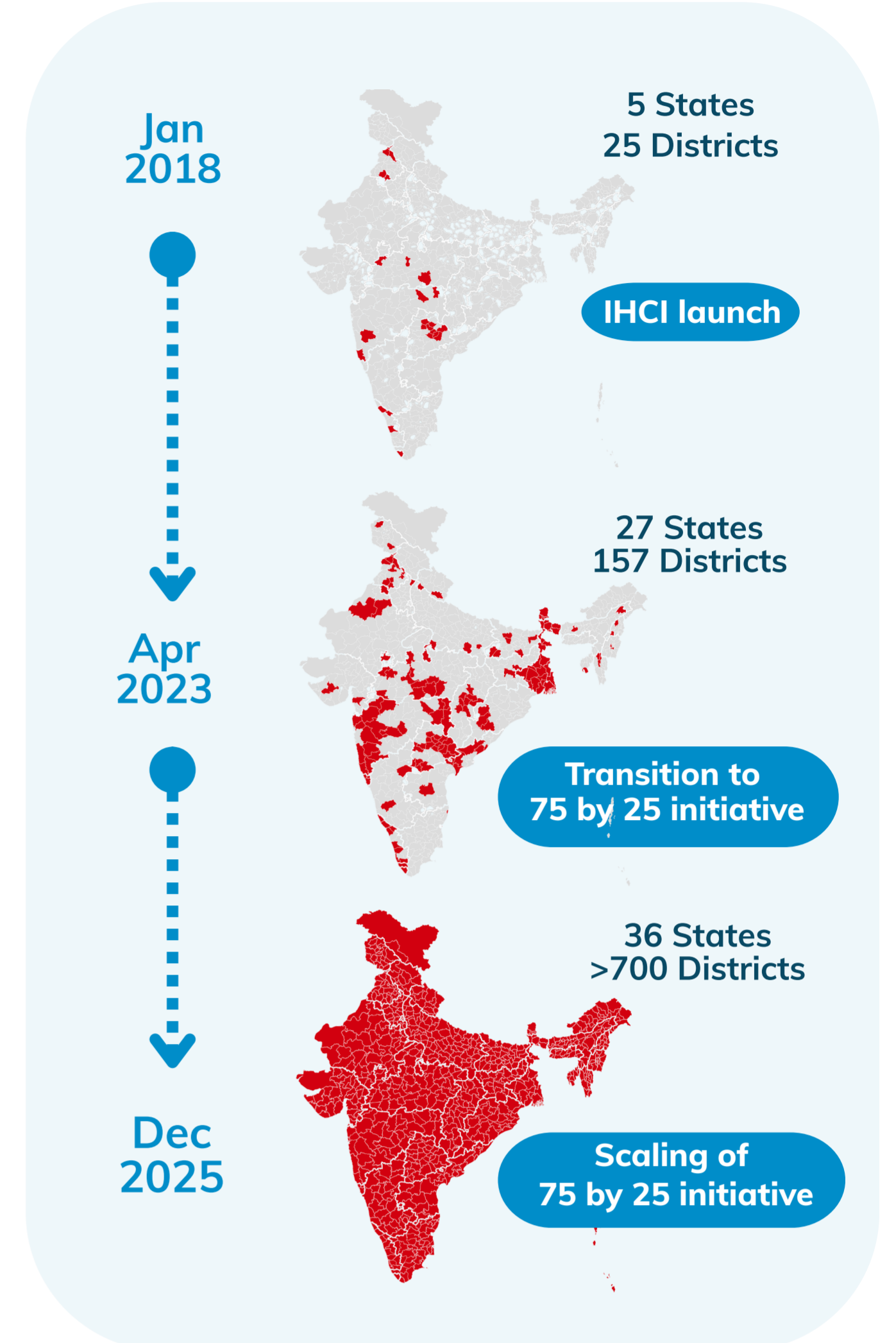
Adoption of WHO-HEARTS Technical Package



National Program for Prevention & Control NCDs (NP-NCD) incorporated IHCI best practices



IHCI was awarded UN Interagency Task Force & WHO Special Programme on Primary Health Care Award-2022



75 by 25 Strategic Roadmap: The Acceleration (2023-2025)

Ministry of Health & Family Welfare - Government of India led initiative to place 75 million individuals with hypertension and / or diabetes on standard care by 2025 through PHC approach - leveraging Ayushman Arogya Mandirs (AAMs)

Core Strategic Enablers



Governance & Leadership

- Financial support
- Clear targets
- Timely feedback
- Periodic reviews



Standardized Protocols

- All 36 states adopted Hypertension protocol & 31 states Diabetes protocol



Access to Free Medicines & Diagnostics

- Morbidity-based drug forecasting
- Validated digital BP monitors



Team-Based Care & Task Sharing

- Job-aide for various cadres & ongoing capacity building



People-Centered Care

- Minimum 30-day drug refill
- Decentralization
- Equity-focused universal access



Digital Systems

- Govt. National NCD Portal
- Longitudinal patient monitoring
- Unique QR code ABHA ID
- Teleconsultation



Supervision & Monitoring

- Supportive Supervision
- Data analysis & feedback

Hypertension Protocol

Measure blood pressure of all adults over 18 years by correct technique.

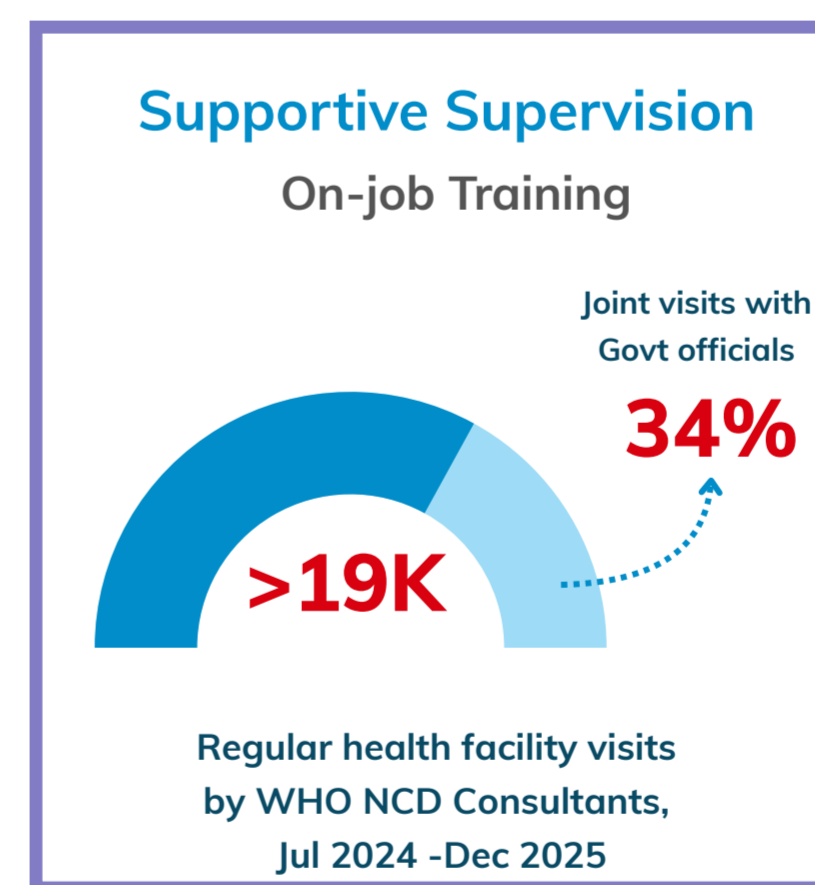
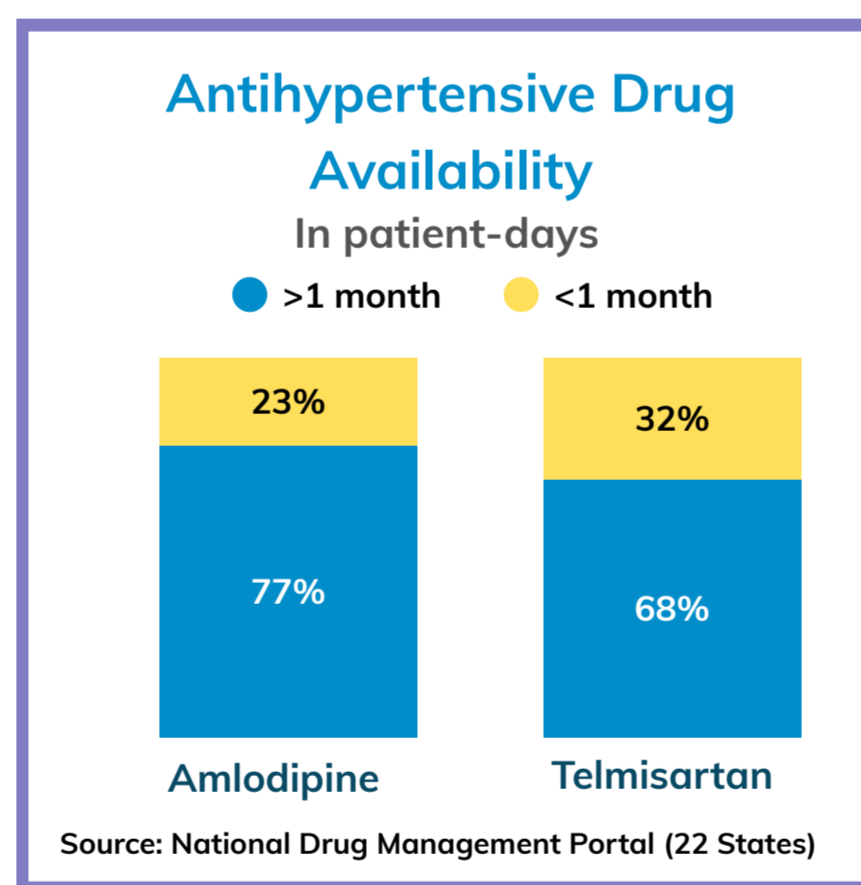
Prescribe Amlodipine 5mg OD
After 30 days measure BP again. If still high:
Add Telmisartan 40mg OD
After 30 days measure BP again. If still high:
Increase Amlodipine to 10mg OD
After 30 days measure BP again. If still high:
Add Chlorthalidone 12.5 mg OD
After 30 days measure BP again. If still high:
Check if the patient has been taking medicines regularly and correctly. If yes, refer to a specialist.

Progress women and women who may become pregnant
Do not give Telmisartan or Chlorthalidone.
Start Aspirin 100mg OD if:
• Stroke, TIA, myocardial infarction, vascular disease (arterial and venous) or peripheral artery disease 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 available, start nifedipine 30mg OD, refer to a specialist.
Diabetic patients
• Treat diabetes according to protocol.
• Also for all ages of >100-year-old.
Heart attack or stroke, ever
• Refer to doctor aspirin (75mg) and statin.
• Refer to doctor aspirin (75mg) and statin.
Chronic kidney disease
• ACEI or ARB preferred if close clinical and biochemical monitoring is possible.
Stroke recommendation
Start Aspirin 100mg OD if:
• Patient has diabetes with age above 40 years
• Or LDL is greater than 110
• Or smoker with age above 40 years

• Discontinue drugs for 30 days and give appointment after 4 weeks. • Medications should be taken at the same time each day.

Anti-Hypertensive Drug Stock Ready Reckoner

# patients on regular follow-up	Three month's drug requirement		
	Amlodipine 5 mg	Telmisartan 40 mg	Chlorthalidone 6.25 mg
10	1395	450	60
20	2790	900	120
30	4185	1350	180
40	5580	1800	240
50	6975	2250	300
100	13950	4500	600
200	27900	9000	1200
300	41850	13500	1800
400	55800	18000	2400
500	69750	22500	3000
600	83700	27000	3600
700	97650	31500	4200
800	111600	36000	4800



Workforce Trained

>500K

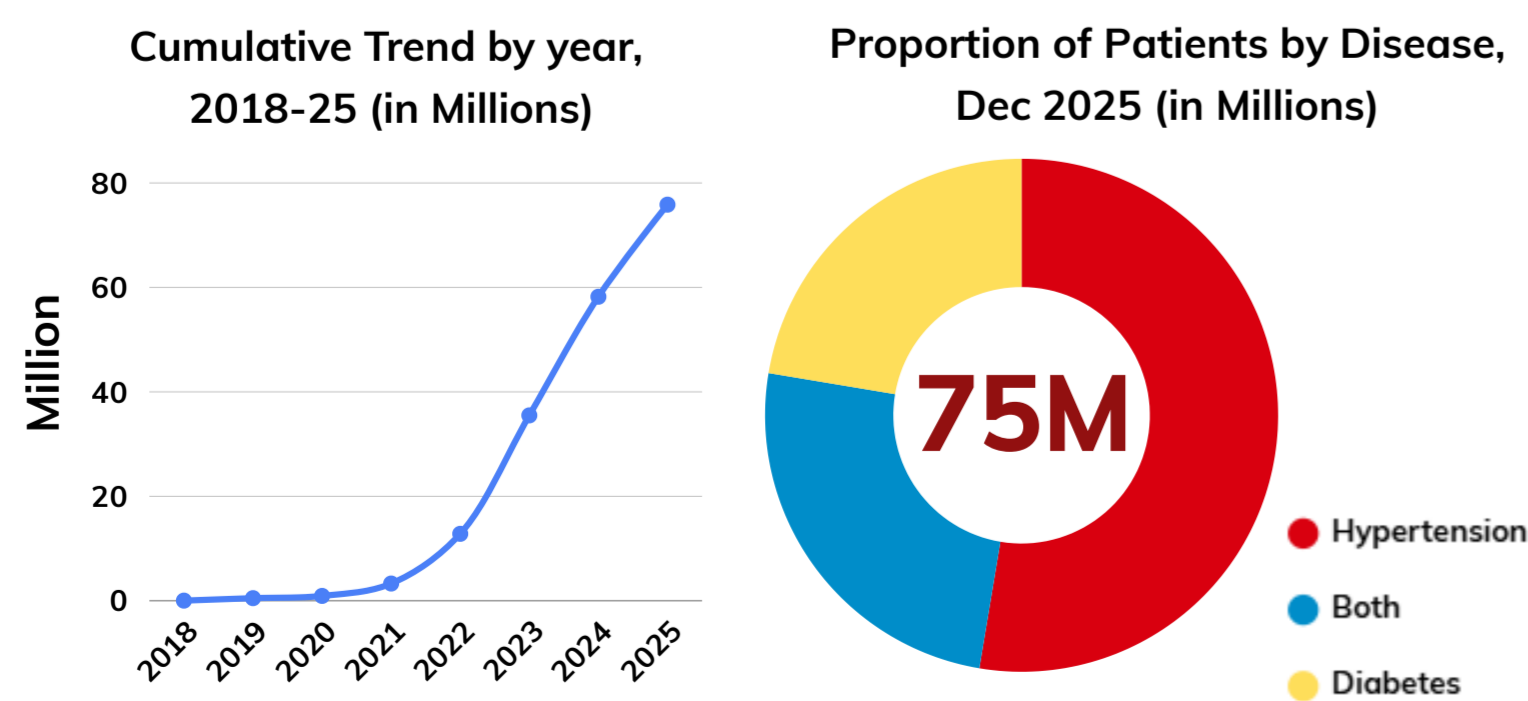
Implementing Health Facilities

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Tools & Visuals

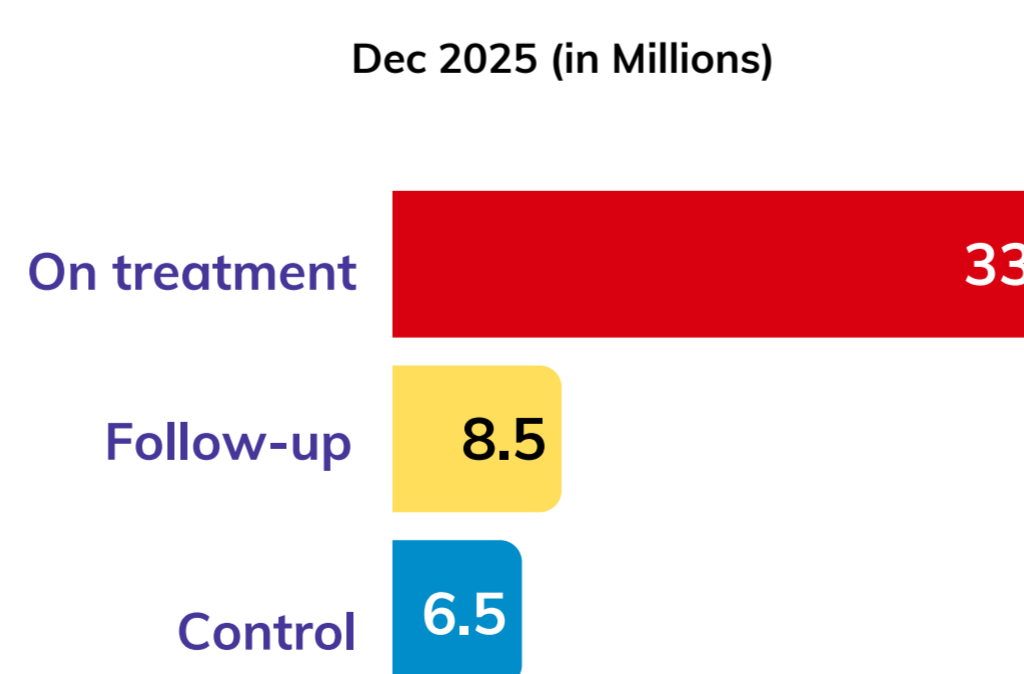
Key Achievements (2017-2025)

Patients on Standard Care



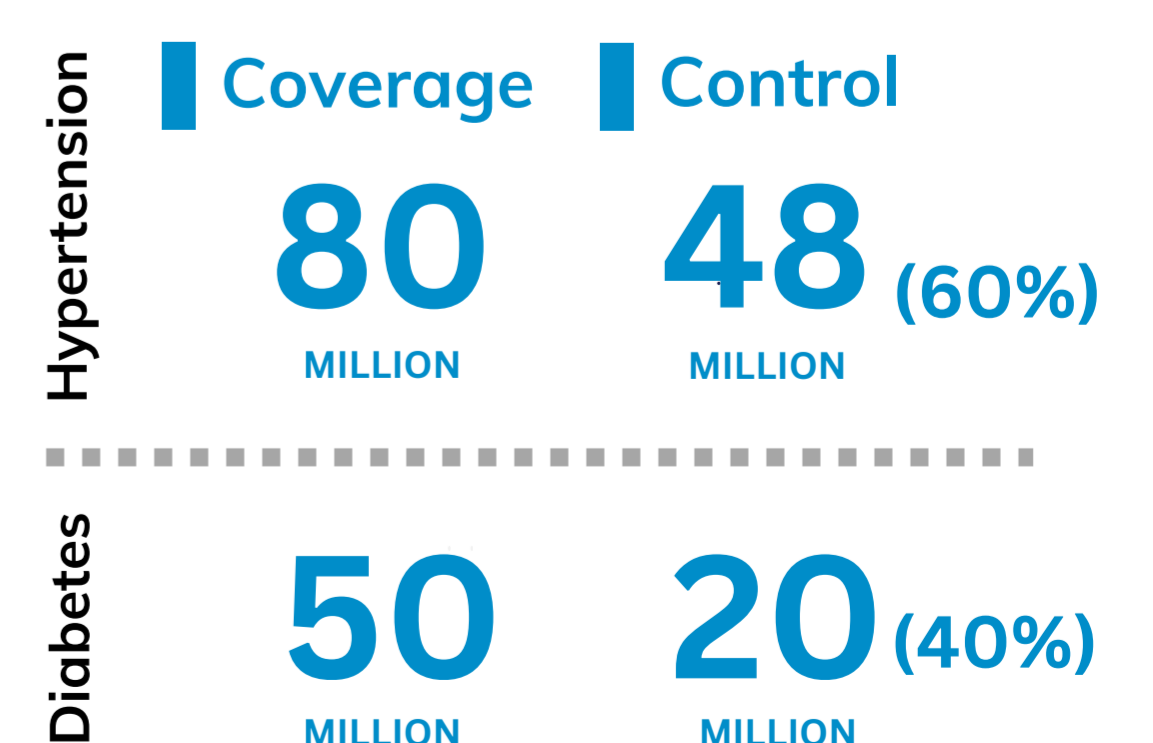
Source: National NCD Portal (30 states) + State Portal (6 states)

Hypertension Treatment Cascade



Beyond 75 by 25: Coverage to Control

Proposed Targets (2026-2030)



Program managers, health care providers, along with WHO NCD Consultants have been pivotal to this achievement

Technical Partners:

