Telangana Hypertension Protocol

Measure blood pressure of all adults over 18 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

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

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

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

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

After 30 days measure BP again. If still high:
**Step 6**
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.

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 hr/week
- 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: E.g. sunflower, mustard, groundnut, etc
- 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.

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* 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.

** Hydrochlorothiazide can be used if Chlorthalidone is not available (25 mg starting dose, 50 mg intensification dose). Recommended investigations at initiation of therapy: Haemoglobin, blood sugar, urine analysis for proteinuria, serum creatinine.