National Protocol for Hypertension Management in Primary Health Care Settings

Measure blood pressure of **all adults** 20 years and over.

**High blood pressure: SBP ≥ 140 or DBP ≥ 90.**

**NOTE:** Before moving to next titration step or referring the patient, make sure the patient is taking medications regularly and correctly.

**Step 1**
If blood pressure is high,
Prescribe amlodipine 5 mg once daily.

**Step 2**
After 1 month, measure BP again. If still high,
Continue amlodipine 5 mg and add losartan 50 mg once daily.¹,²

**Step 3**
After 1 month, measure BP again. If still high,
Increase amlodipine to 10 mg and losartan to 100 mg once daily.¹,²

**Step 4**
After 1 month, measure BP again. If still high,
Refer to a specialist.

**Other management considerations:**
- Screen and manage other CVD risk factors such as smoking, obesity, diabetes and hypercholesterolemia according to PhilPEN protocol.
- Aim for BP<130/80 for people at high risk, such as individuals with diabetes, prior heart attack, TIA/stroke, or chronic kidney disease.
- Urgent referral criteria:
  - BP >180/110 with severe headache, other neurologic symptoms, nausea, chest pain, or shortness of breath
  - BP>200/120

**Lifestyle advice for all patients**
- Avoid tobacco use and harmful use of alcohol.
- Increase regular physical activity to at least 2.5 hours per week.
- If overweight, lose weight.
- Eat a heart-healthy diet low in salt, trans-fats and added sugar:
  - Use calamansi juice and vinegar to season your food instead of soy sauce/toyo, patis, bagoong and ketchup.
  - Eat plenty of fresh whole foods including vegetables, fruit, whole grains, beans, nuts and seeds.
  - Limit intake of salty meats (ham, bacon, tocino, sausage, hotdogs) and salty fish (tinapa, dili, daing, bulad/tuyo, tuloy and ginamos).
  - Limit consumption of processed, canned and 'fast' foods.
  - Avoid donuts, cookies, sweets, fizzy drinks and juice with added sugar.

¹ Losartan should not be given to women who are or could become pregnant.
² Amlodipine and losartan should be taken together.