Highblood pressure is the world’s leading preventable cause of death – it kills more than 10 million people each year and causes disabling strokes, heart attacks, and kidney failure.

Manypeople do not know they have high blood pressure.

Only one in seven people with high blood pressure has it under control.

Most people with high blood pressure have no symptoms.

Treating high blood pressure effectively could save millions of lives worldwide.

If available, use an automated, digital blood pressure monitor

Measure blood pressure of all adults ≥ 18 years.

Use correct positioning while measuring blood pressure.

Back supported
Arm supported
Cuff at heart level
Use correct cuff size

Legs uncrossed and feet supported

• No exercise, tea, coffee, smoking 30 minutes before
• Rest for 5 minutes before

Start treatment with medications on the same day if systolic blood pressure is confirmed to be 160 or above or diastolic is confirmed to be 100 or above

Treat all patients whose blood pressure readings on two separate days are 140 or above for systolic or 90 or above for diastolic

Make a record of BP measurements for each patient

Mobile apps including Simple can help health workers keep track of patients’ blood pressure measurements and medications.

High blood pressure is a silent killer.

The only way to know if blood pressure is high is to measure it accurately.
3 great reasons to stick with BP medicines

1. For most people, lifestyle change alone is not enough to control high blood pressure. Almost everyone with high blood pressure needs medication to control it.

2. High blood pressure has no symptoms, that’s why it’s known as the silent killer.

3. Taking blood pressure medicine - even though the patient has no symptoms - protects the patient from stroke, heart attack, kidney damage, and other problems.

Tips to improve adherence:

- Prescribe 90 day medication supply.
- Use a fixed dose combination pill.
- Patients can make BP meds part of a daily routine by taking them at the same time every day, for example after brushing teeth or eating breakfast in the morning.

Sample Hypertension Treatment Protocol

- Measure blood pressure of all adults over 18 years

High BP: SBP ≥ 140 or DBP ≥ 90 mmHg

1. If BP is high:*
   - Prescribe Amlodipine 5mg

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

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

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

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

6. After 30 days*** measure BP again. If still high:
   - Increase to Chlorthalidone 25mg

*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.

SPECIAL POPULATIONS

- Women who are or may become pregnant
  - DO NOT GIVE Lisinopril, enalapril nor hydrochlorothiazide to pregnant women nor to women of childbearing age who are not on effective contraception.
- Diabetic patients
  - Treat diabetes according to protocol.
- Heart attack in last 2 years
  - Add beta blocker to amlodipine with initial treatment.
- Heart attack or stroke, ever
  - Begin low-dose aspirin (75 mg) and statin.

Lifestyle advice for all patients

- Avoid tobacco and alcohol
- Exercise 2.5 hr/week
- Reduce salt, under 1 tsp/day
- Eat fewer fried foods
- Eat a heart healthy diet
- If overweight, lose weight

But, side effects do occur in a small number of patients.

Side effects include:
- Low blood pressure, which may lead to lightheadedness, and, rarely, falls
- Leg swelling
- High or low potassium
- Kidney injury

Almost always, these effects are temporary and go away when the medication is stopped.

Patients should tell their doctors if they experience any side effects.