

Supplemental Appendix 3

What Constitutes Adequate Control of HBP? Current Considerations Summary

1. **Classifying High Blood Pressure according to the 2017 HBP Guidelines:**

Normal Blood Pressure:

Systolic BP (SBP) < 120 mm Hg

Diastolic BP (DBP) < 80 mm Hg

Elevated Blood Pressure:

SBP: 120-129 mm Hg

DBP: < 80 mm Hg

Hypertension Stage 1:

SBP: 130-139 mm Hg

DBP: 80-89 mm Hg

Hypertension Stage 2:

SBP: \geq 140 mm Hg

DBP: \geq 90 mm Hg

2. **Ensuring Accurate BP Measurement:**

- Standardized techniques for BP measurement including proper cuff size, appropriate patient positioning and use of validated devices enhance accuracy.
- For BP measurements obtained both in healthcare settings and through self-monitoring

3. **Estimating ASCVD Risk** via standard risk calculators:

- Beyond BP measurement, assessing overall ASCVD health is essential to help identify patients at high risk.

4. **Integrating ASCVD Risk Assessment:**

- Simultaneous achievement of Pharmacotherapy targets and Guideline Directed Lifestyle Modifications (GDLMs) not only for HBP, but also other major ASCVD risk factors

5. **Assessing Social Determinants of Health:**

- Recognizing socioeconomic factors (income, education, housing, access to care) impacts BP control and facilitates tailored interventions to address disparities

6. **Building Trust Via Shared Decision-Making:**

- Engaging patients in treatment decisions fosters engagement and adherence.
- Discussing risks, benefits, and individual preferences leads to informed choices.

7. **Deploying Evidence-based Team-Based Care:**

- Collaborative efforts supported by high quality evidence involving physicians, nurses, pharmacists, and allied health professionals
- Effective, coordinated care ensures continuity and patient-centeredness.

8. **Integrating Multi-Component Care for Comprehensive ASCVD Risk Reduction:**

- Not only in lowering BP to target level of SBP < 130 mm Hg, but also simultaneously reducing other major modifiable ASCVD risk factors

HBP-High Blood pressure; BP-Blood Pressure; SBP-Systolic Blood Pressure; DBP-Diastolic Blood Pressure; ASCVD-Atherosclerotic Cardiovascular Disease; mm Hg-millimeters of mercury