

## **AMPATH protocol for diabetes and hypertension management**

**NOTE: THIS PROTOCOL AND CLINICAL ALGORITHM IS CURRENTLY BEING REVIEWED AND REVISED IN LIGHT OF THE RECENTLY PUBLISHED JNC-8 GUIDELINES**

### **Training of health workers:**

All health workers involved in diabetes and hypertension management (home-based testing counselors, community health workers, community health extension workers, nurses, clinical officers, physicians) will receive targeted training organized by the AMPATH Training Institute that covers the following topics:

- overview of CVD and CVD risk factors
- historical questions to ask patients
- physical examination techniques, as appropriate
- operation of blood pressure (BP) monitoring equipment
- operation of point-of-care diagnostic testing equipment for glucose, hemoglobin A1C, and other tests
- data collection and storage methods
- diabetes and hypertension treatment guidelines and algorithms
- healthy lifestyles and health promotion activities
- health education and lifestyle modification counseling techniques
- importance of medication adherence
- recognition of symptoms and signs of CVD and complications of diabetes and hypertension

All health workers will also receive regular, ongoing training and performance-enhancing education, to update clinical and counseling skills.

**Case finding:** The door-to-door home-based testing counselor will be trained to use a point-of-care glucose testing kit and an automatic BP cuff, and tests all adults  $\geq 18$  years old for both random blood sugar (RBS) and BP. The counselor will refer all individuals with RBS  $\geq 8.1$  mmol/dL to the local rural health facility where a fasting blood sugar (FBS) will be checked. Similarly, the counselor will refer all individuals with elevated BP (systolic BP (SBP)  $\geq 140$  or diastolic BP (DBP)  $\geq 90$ ), and the BP will be repeated by the rural health facility clinician.

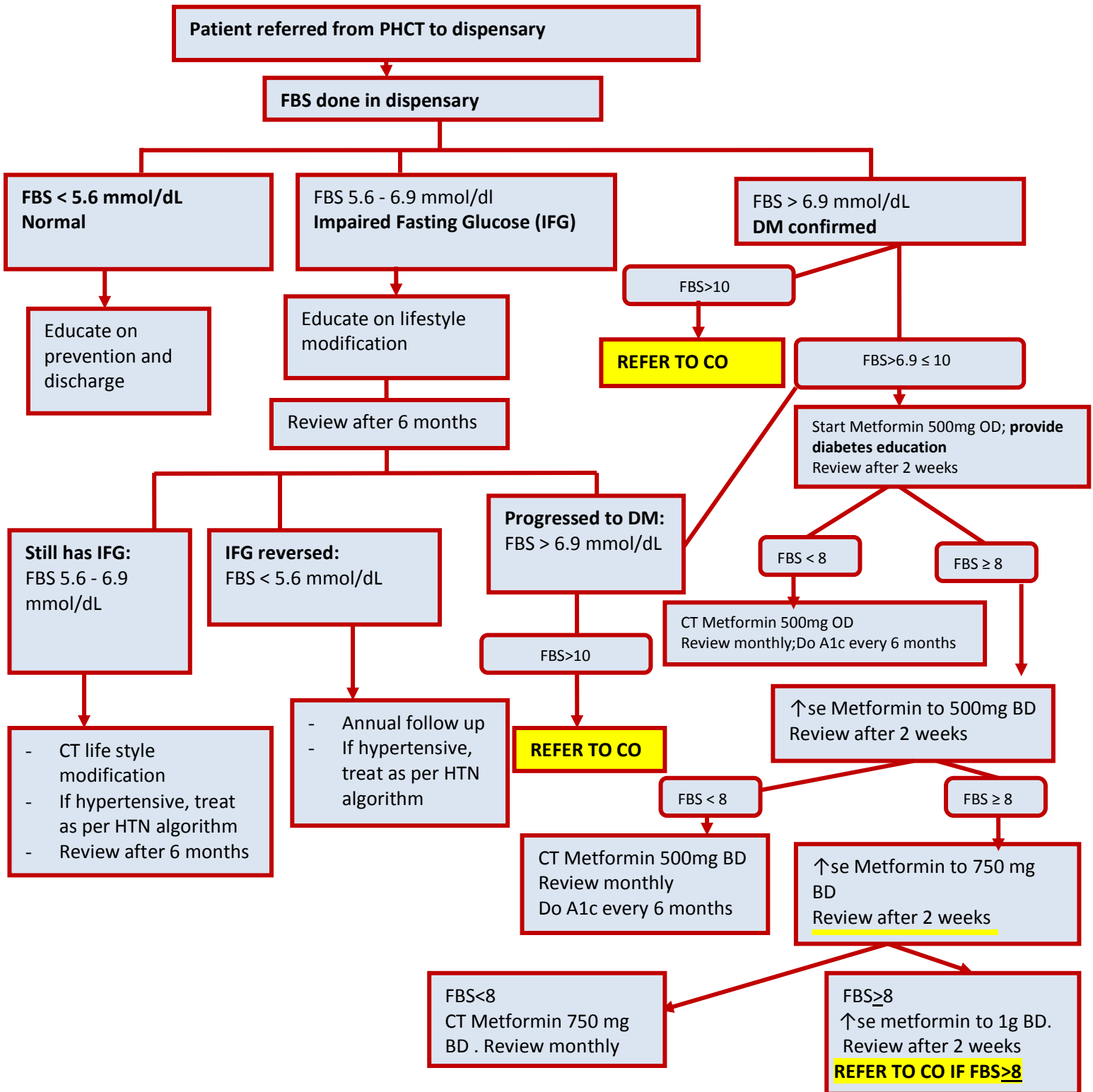
### **All individuals referred to rural health facility:**

- Counseling for lifestyle modification will be conducted in accordance with WHO goals: maintain a healthy weight, salt intake  $< 5$  grams per day,  $> 5$  servings of fruits and vegetables per day,  $\geq 30$  minutes of moderate-intense exercise per day

**Work-up, classification of patients, and treatment algorithms are contained on the following pages.**

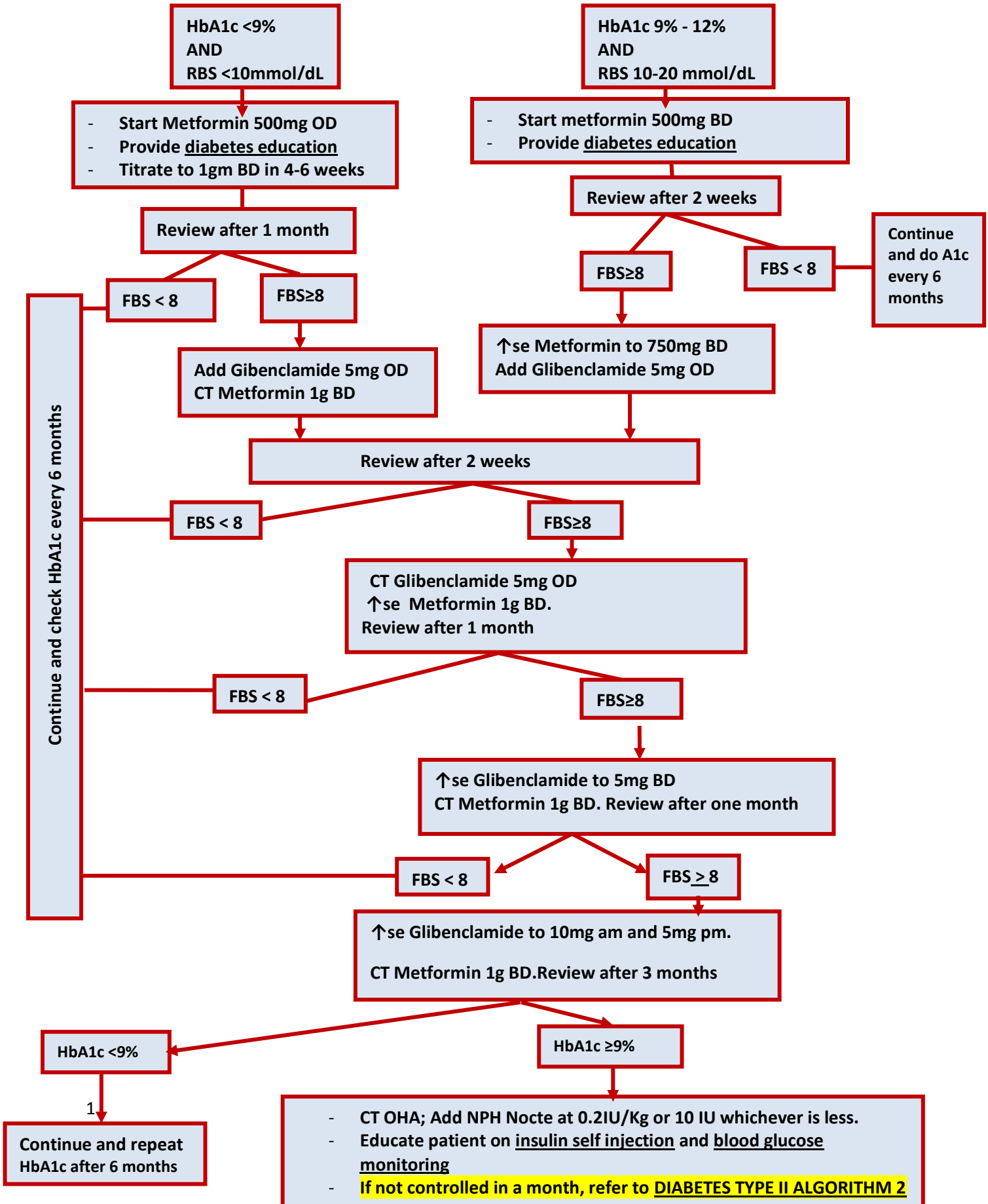
# Diabetes Screening and care algorithm

## Dispensary care algorithm:

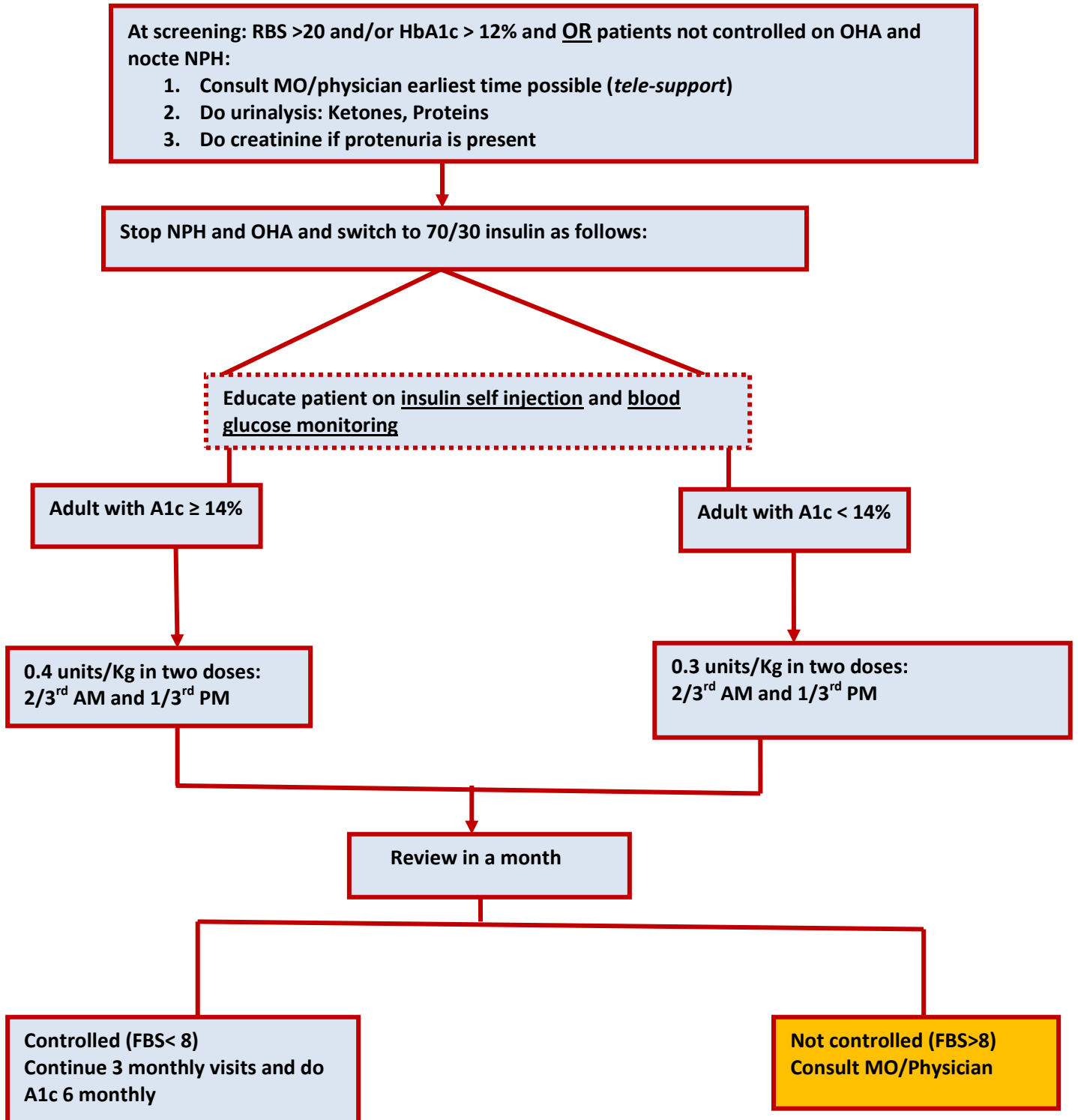


## Diabetes Type II Algorithm 1 (Health center)

(Applies to patients who are not pregnant, and have normal renal function)

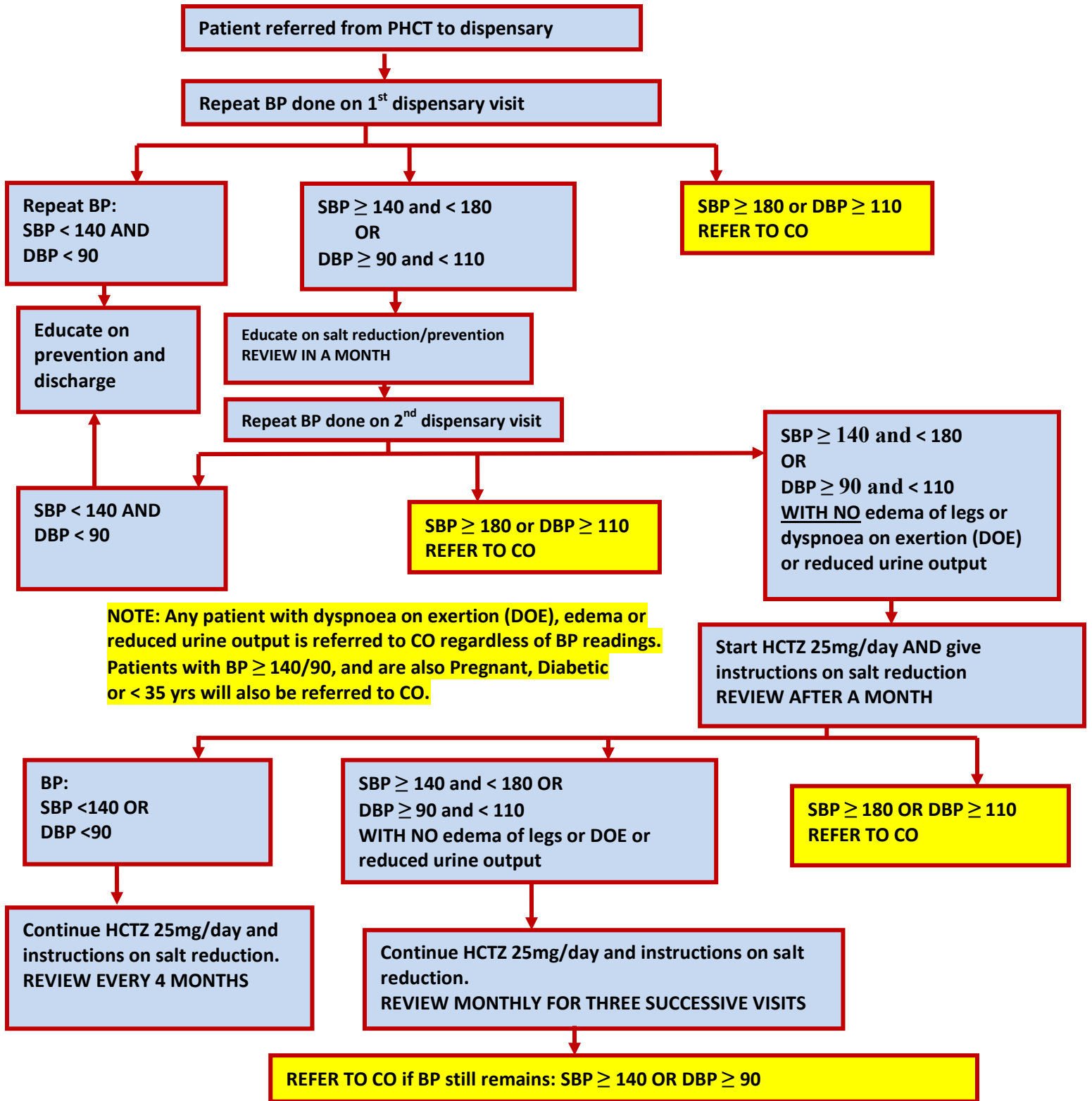


## Diabetes Type II Algorithm 2 (Health center)



# Hypertension screening and care algorithm

## Dispensary care algorithm:



# Management of hypertension in diabetes

