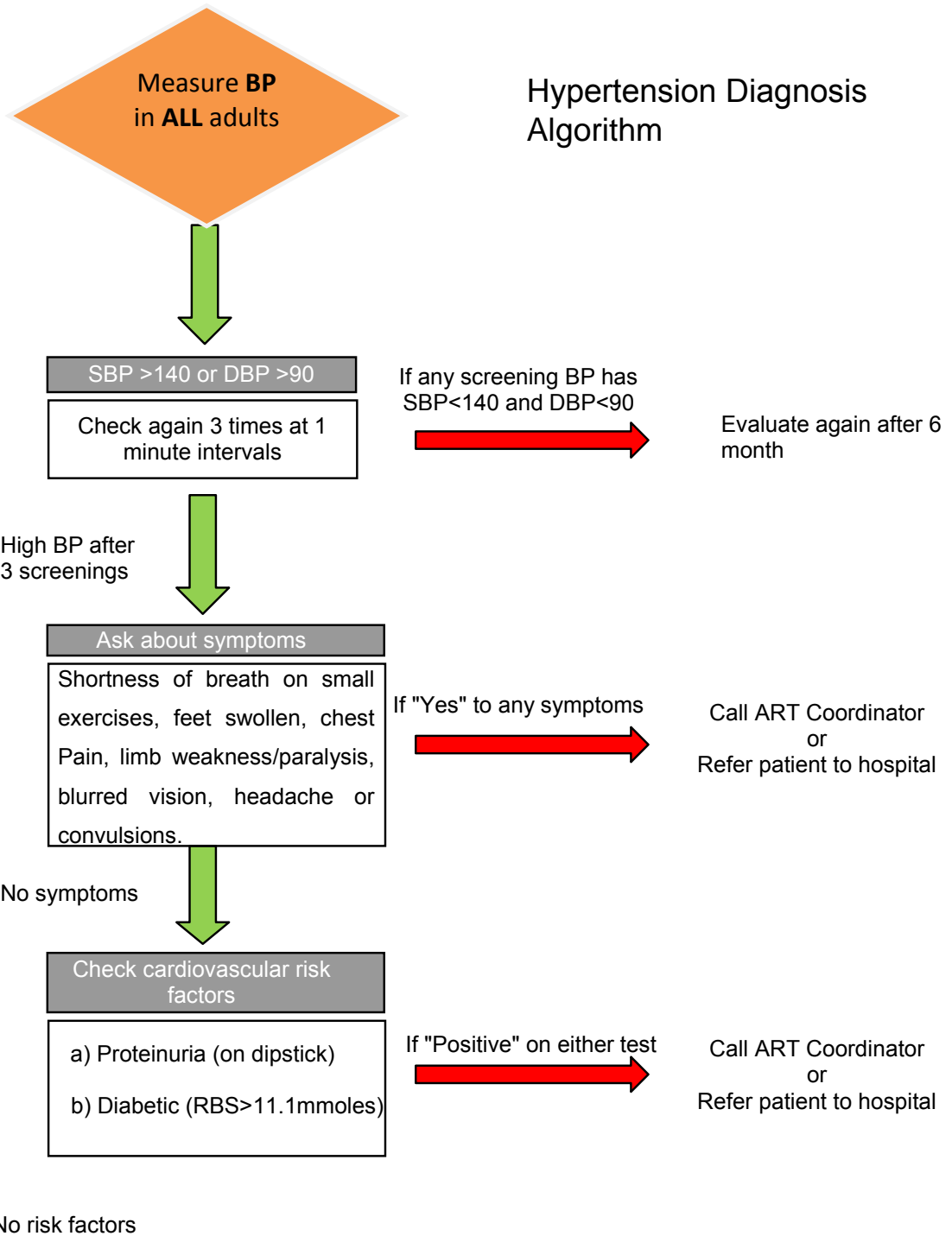


SEARCH Hypertension Diagnosis and Treatment Algorithms

Hypertension Diagnosis Algorithm



SBP 140-159
and/or
DBP 90-99

3-month trial of **lifestyle changes**:

Weight reduction, increase physical exercise, decrease dietary salt intake, decrease alcohol consumption, stop smoking promote fresh fruits and vegetables intake, fatty food limitation

Follow up in 3 months - If BP remains high then start medications

SBP 160-179
and/or
DBP 100-109

Lifestyle changes:

Weight reduction, increase physical exercise, decrease dietary salt intake, decrease alcohol consumption, stop smoking, promote fresh fruits and vegetables intake, fatty food limitation

PLUS

Medications

(Follow treatment algorithm)

SBP >180
or
DBP > 110

Call ART Coordinator
or
Refer patient to hospital

Hypertension Treatment Algorithm

Initial medication regimen

Bendroflumethiazide 5mg daily

Follow-up in **4 weeks**



Target BP not achieved?

Increase

Bendroflumethiazide 10mg

Follow-up in **4 weeks**



Target BP not achieved?

**Bendroflumethiazide 10 mg +
Nifedipine 20 mg BID**

Follow-up in **4 weeks**



Target BP not achieved?

**Bendroflumethiazide 10 mg
+ Nifedipine 20 mg BID +
Add Captopril 25 mg BID**

Follow-up in **4 weeks**



**Call ART Coordinator
or
Refer patient to the hospital**

BP GOALS

Age <60 or TOD: SBP <140 and DBP <90

Age ≥60: SBP <150 and DBP <90

**TARGET BP
ACHIEVED?**

Prescribe same
treatment and follow
up every 3 months

Measure BP & weight at each visit

Medication Adherence:

Always check for drug adherence **at each visit**. Ask whether patient has **taken medication on each of the last three days**. Provide **counseling** if patient has **missed any dose** in the last three days.

Lifestyle and Behavior

Review life style and Behavior. Provide Counseling if still present

Medication Tolerability:

If patient is having **side effects**, change to another medication. Alternatively, call ART coordinator or refer patient to hospital

Key

BID-Twice a day; SB -Systolic; DBP-Diastolic BP;
TOD-target organ damage (Heart failure, kidney failure, stroke, myocardial infarction etc)