

## Section 6: Hypertension

### Summary of Recommendations

*Clinical Prevention. Guide for physicians.---Washington, DC: PAHO, 1998. 334 pp. - Scientific Publication; 568*

*Measurement of blood pressure. [All persons 21–64 years of age should be checked.] Reasonable evidence for inclusion in the periodic health examination (PHE). Recommendation type: (B)*

*Pharmacological treatment of hypertension. [Persons aged 21– 64 with diastolic pressure of 90 mm Hg or higher: treatment reduces the risk of stroke, heart disease, or death.] Strong evidence of response to treatment. Recommendation type: (A)*

### Proposed Basic Indicators

No.	Indicator	Numerator/denominator X 100
1.	<u>Prevalence</u> of hypertension	Total no. of persons with BP $\geq$ 140/90 or who are being treated with drugs
		Total no. of persons in the study
2.	Persons who <u>know</u> they have hypertension	No. of persons who know they have hypertension
		Total no. of persons with BP $\geq$ 140/90 or who are being treated with drugs
3.	Hypertensive persons receiving some type of <u>treatment</u>	No. of hypertensives receiving some type of treatment
		No. of persons who know they have hypertension
4.	Hypertensive persons who have <u>controlled</u> their blood pressure	Total no. of persons with BP $<$ 140/90
		No. of hypertensives receiving some type of treatment
5.	Persons whose blood pressure has been checked at least once in their life	No. of persons whose blood pressure has been checked
		Total no. of persons in the study
6.	Persons aged 21–64 whose blood pressure has been checked in the last year	No. of persons aged 21–64 whose blood pressure has been checked in the last year
		Total no. of persons aged 21–64 in the study
7	Treatment of hypertensive patients (a) drug (b) non-drug (a + b) both	(a) or (b) or (a + b)
		No. of hypertensives receiving some type of treatment



8.	Systolic Blood Pressure (population mean)	
9.	Diastolic Blood Pressure (population mean)	

