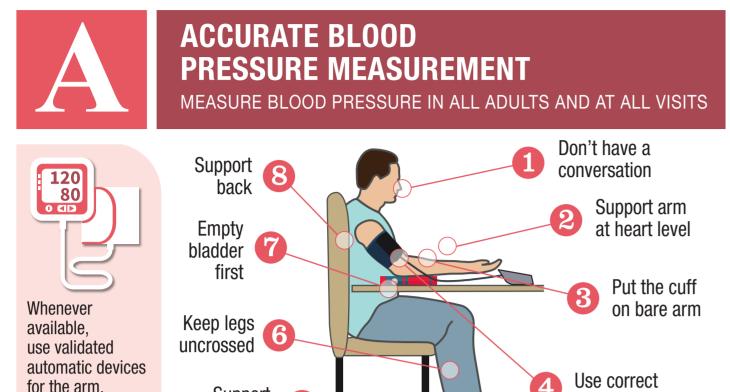
Protocol A - Acceptable

Hypertension Clinical Pathway







TREATMENT PROTOCOL

Support

START TREATMENT IMMEDIATELY AFTER CONFIRMING HYPERTENSION

Blood Pressure ≥140/90 mmHg in all HYPERTENSIVES.

Systolic Blood Pressure ≥130 mmHg in HIGH-RISK HYPERTENSIVES

(Established cardiovascular disease, Diabetes, Chronic Kidney Disease, Risk score ≥ %)

calculator

Cardiovascular risk		All Hypertensives	HIGH-RISK Hypertensives		
			WITH established cardiovascular disease	WITHOUT established cardiovascular disease	
Blood Pressure TARGET <140/90 mmHg		√			
Systolic Blood Pressure TARGET <130 mmHg			✓	✓	
ASPIRIN mg/daily			✓		
High-dose statins:	mg/daily		√		
Moderate-dose statins:	mg/daily			√	



Avoid alcohol consumption



Body mass index between 18.5 and 24.9



Avoid foods high in sodium

1
1 MONTH



cuff size

1 MONTH

Patient above target after repeat measurement

Patient above target after repeat measurement

1 MONTH

7

This App does not replace

clinical judgment.

Do 30 minutes of physical activity daily



Keep a healthy diet



No smoking

Patient above target: Refer to the next level of care

Patients under control	Minimum 6-MONTH follow-up	Minimum 3-MONTH follow-up	Supply medicines for 3 MONTHS	Vaccination		
				Influenza	Pneumococcus	COVID
All Hypertensives	✓					1
HIGH-RISK Hypertensives			✓		√	



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ASSESS TREATMENT ADHERENCE AT EACH VISIT

1 MONTH

TAKE ALL MEDICATIONS AT THE SAME TIME EVERY DAY

This protocol is
NOT INDICATED
in WOMEN of
CHILDBEARING
AGE