

# The HEARTS Clinical Pathway in the Region

## TRINIDAD & TOBAGO

**Protocol A - Acceptable Hypertension Clinical Pathway**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## SAINT LUCIA

**Hypertension Clinical Pathway**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## GUYANA

**Hypertension Clinical Pathway Preferred Treatment Algorithm**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## EL SALVADOR

**HIPERTENSIÓN**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## BOLIVIA

**Via Clínica de Hipertensión**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## MEXICO

**VIA CLÍNICA DE HIPERTENSIÓN**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## ARGENTINA

**> Hipertensión Arterial**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## ECUADOR

**Vía Clínica de Hipertensión**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## CUBA

**Via Clínica de Hipertensión**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## BARBADOS

**Hypertension Clinical Pathway**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## BRITISH VIRGIN ISLANDS

**Hypertension Clinical Pathway**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## DOMINICA

**Hypertension Clinical Pathway**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## PERU

**Via Clínica de Hipertensión**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## COSTA RICA

**Vía Clínica de Hipertensión**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## CHILE

**Via Clínica de Hipertensión Arterial**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

## REP. DOMINICANA

**Via Clínica de Hipertensión**

The pathway includes sections for Accurate Blood Pressure Measurement, Cardiovascular Risk Assessment, and Treatment Protocol. It features a table for Cardiovascular Risk, a list of four treatment steps, and icons for lifestyle interventions.

# Barbados

## Hypertension Clinical Pathway

### A ACCURATE BLOOD PRESSURE MEASUREMENT

MEASURE BLOOD PRESSURE IN ALL ADULTS AND AT ALL VISITS

- 1 Don't have a conversation
- 2 Support arm at heart level
- 3 Put the cuff on bare arm
- 4 Use correct cuff size
- 5 Support back
- 6 Keep legs uncrossed
- 7 Empty bladder first
- 8 Support feet

Wherever available, use validated automatic devices for the arm.

### B CARDIOVASCULAR RISK

KNOW YOUR RISK OF CARDIOVASCULAR DISEASE AND HOW TO MODIFY IT

#### CARDIOVASCULAR RISK CALCULATOR

Use the HEARTS App to assess your cardiovascular risk

Scan code to access the cardiovascular risk calculator

This App does not replace clinical judgment.

### C TREATMENT PROTOCOL

START TREATMENT IMMEDIATELY AFTER CONFIRMING HYPERTENSION

Blood Pressure  $\geq 140/90$  mmHg in all HYPERTENSIVES.  
 Systolic Blood Pressure  $\geq 130$  mmHg in HIGH-RISK HYPERTENSIVES  
 (Established cardiovascular disease, Diabetes, Chronic Kidney Disease, Risk score  $\geq 10\%$ )

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 81 mg/daily		✓	
High-dose statins: ATORVASTATIN 80 mg/daily		✓	
Moderate-dose statins: ATORVASTATIN 40 mg/daily			✓

Avoid alcohol consumption

Body mass index between 18.5 and 24.9

Avoid foods high in sodium

- 1** 1/2 Tablet of Telmisartan/Amlodipine 80/10 mg
- 2** Patient above target after repeat measurement  
1 Tablet of Telmisartan/Amlodipine 80/10 mg
- 3** Patient above target after repeat measurement  
1 Tablet of Telmisartan/Amlodipine 80/10 mg  
Chlorthalidone 12.5 mg
- 4** Patient above target after repeat measurement  
1 Tablet of Telmisartan/Amlodipine 80/10mg  
Chlorthalidone 12.5 mg + Spironolactone 25mg

**1 MONTH**    **1 MONTH**    **1 MONTH**    **1 MONTH**

Patient above target:  
Refer to the next level of care

Do 30 minutes of physical activity daily

Keep a healthy diet

No smoking

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

# Trinidad & Tobago

## Protocol A - Acceptable Hypertension Clinical Pathway

### A ACCURATE BLOOD PRESSURE MEASUREMENT

MEASURE BLOOD PRESSURE IN ALL ADULTS AND AT ALL VISITS

- 1 Don't have a conversation
- 2 Support arm at heart level
- 3 Put the cuff on bare arm
- 4 Use correct cuff size
- 5 Support feet
- 6 Keep legs uncrossed
- 7 Empty bladder first
- 8 Support back

Whenever available, use validated automatic devices for the arm.

### B CARDIOVASCULAR RISK

KNOW YOUR RISK OF CARDIOVASCULAR DISEASE AND HOW TO MODIFY IT

#### CARDIOVASCULAR RISK CALCULATOR

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### C TREATMENT PROTOCOL

START TREATMENT IMMEDIATELY AFTER CONFIRMING HYPERTENSION

Blood Pressure  $\geq 140/90$  mmHg in all HYPERTENSIVES  
 Systolic Blood Pressure  $\geq 130$  mmHg in HIGH-RISK HYPERTENSIVES  
 (Established cardiovascular disease, Diabetes, Chronic Kidney Disease, Risk score  $\geq 10\%$ )

Cardiovascular risk	HIGH-RISK Hypertensives	
	WITH established cardiovascular disease	WITHOUT established cardiovascular disease
Blood Pressure TARGET $<140/90$ mmHg	✓	
Systolic Blood Pressure TARGET $<130$ mmHg		✓
ASPIRIN 81 mg/daily	✓	✓
High-dose statins: ROSUVASTATIN 40 mg/daily	✓	
Moderate-dose statins: ROSUVASTATIN 20 mg/daily		✓

**1** **ACE- Lisinophril 10mg plus (+)  
CCB - Amlodipine 5mg**

**2** **Patient above target after repeat measurement  
ACE - Lisinopril 20mg plus(+)  
CCB - Amlodipine 5mg**

**3** **Patient above target after repeat measurement  
ACE-Lisinopril 20mg plus (+)  
CCB - Amlodipine 10mg**

**4** **Patient above target after repeat measurement  
Lisinopril 40mg + Amlodipine 10mg+  
Bendrofluazide 2.5mg/5mg\***

Patient above target:  
Refer to the next level of care

**1 MONTH**

**1 MONTH**

**1 MONTH**

**1 MONTH**

**1 MONTH**

Do 30 minutes of physical activity daily

Keep a healthy diet

No smoking

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

ASSESS TREATMENT ADHERENCE AT EACH VISIT

TAKE ALL MEDICATIONS AT THE SAME TIME EVERY DAY

This protocol is NOT INDICATED in WOMEN of CHILDBEARING AGE

# Saint Lucia

## Hypertension Clinical Pathway

### A ACCURATE BLOOD PRESSURE MEASUREMENT

MEASURE BLOOD PRESSURE IN ALL ADULTS AND AT ALL VISITS

- 1 Don't have a conversation
- 2 Support arm at heart level
- 3 Put the cuff on bare arm
- 4 Use correct cuff size
- 5 Support back
- 6 Support feet
- 7 Empty bladder first
- 8 Keep legs uncrossed

Whenever available, use validated automatic devices for the arms.

### B CARDIOVASCULAR RISK

KNOW YOUR RISK OF CARDIOVASCULAR DISEASE AND HOW TO MODIFY IT

#### CARDIOVASCULAR RISK CALCULATOR

Use the HEARTS App to assess your cardiovascular risk

Scan code to access the cardiovascular risk calculator

This App does not replace clinical judgment.

### C TREATMENT PROTOCOL

START TREATMENT IMMEDIATELY AFTER CONFIRMING HYPERTENSION

Blood Pressure  $\geq 140/90$  mmHg in all HYPERTENSIVES.  
 Systolic Blood Pressure  $\geq 130$  mmHg in HIGH-RISK HYPERTENSIVES  
 (Established cardiovascular disease, Diabetes, Chronic Kidney Disease, Risk score  $\geq 10\%$ )

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 81 mg/daily		✓	
High-dose statins: ATORVASTATIN 40 mg/daily		✓	
Moderate-dose statins: ATORVASTATIN 20 mg/daily			✓

Avoid alcohol consumption

Body mass index between 18.5 and 24.9

Avoid foods high in sodium

- 1** 1 Tablet of Losartan/Amlodipine 50/5 mg  
**1 MONTH**
- 2** Patient above target after repeat measurement  
2 Tablets of Losartan/Amlodipine 50/5 mg  
**1 MONTH**
- 3** Patient above target after repeat measurement  
2 Tablets of Losartan/Amlodipine 50/5 mg  
+ 1 Tablet of Chlorthalidone 12.5 mg  
**1 MONTH**
- 4** Patient above target after repeat measurement  
2 Tablets of Losartan/Amlodipine 50/5 mg  
+ 1 Tablet of Chlorthalidone 25 mg  
**1 MONTH**

**1 MONTH**

Patient above target:  
Refer to the next level of care

Do 30 minutes of physical activity daily

Keep a healthy diet

No smoking

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

Saint Lucia

ASSESS TREATMENT ADHERENCE AT EACH VISIT

TAKE ALL MEDICATIONS AT THE SAME TIME EVERY DAY

This protocol is NOT INDICATED for WOMEN who are or could become PREGNANT

# Guyana

## Hypertension Clinical Pathway PREFERRED TREATMENT ALGORITHM

### A ACCURATE BLOOD PRESSURE MEASUREMENT

MEASURE BLOOD PRESSURE IN ALL ADULTS AND AT ALL VISITS

1. Don't have a conversation
2. Support arm at heart level
3. Put the cuff on bare arm
4. Use correct cuff size
5. Support feet
6. Keep legs uncrossed
7. Empty bladder first
8. Support back

Whenever available use validated automatic devices for the arms.

### B CARDIOVASCULAR RISK

KNOW YOUR RISK OF CARDIOVASCULAR DISEASE AND HOW TO MODIFY IT

#### CARDIOVASCULAR RISK CALCULATOR

Use the HEARTS App to assess your cardiovascular risk.

Scan code to access the cardiovascular risk calculator.

This App does not replace clinical judgment.

### C TREATMENT PROTOCOL

START TREATMENT IMMEDIATELY AFTER CONFIRMING HYPERTENSION

Blood Pressure  $\geq 140/90$  mmHg in all HYPERTENSIVES.  
 Systolic Blood Pressure  $\geq 130$  mmHg in HIGH-RISK HYPERTENSIVES.  
(Established cardiovascular disease, Diabetes, Chronic Kidney Disease, Risk score  $\geq 10$  %)

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 100 mg/daily		✓	
High-dose statins: ATORVASTATIN 40 mg/daily		✓	
Moderate-dose statins: ATORVASTATIN 20 mg/daily			✓

Avoid alcohol consumption

Body mass index between 18.5 and 24.9

Avoid foods high in sodium

**1** Telmisartan/Amlodipine 40/5 mg

**2** Patient above target after repeat measurement  
Telmisartan/Amlodipine 80/10 mg

**3** Patient above target after repeat measurement  
Telmisartan/Amlodipine 80/10 mg + Chlorthalidone 12.5 mg

**4** Patient above target after repeat measurement  
Telmisartan/Amlodipine 80/10 mg + Chlorthalidone 25 mg

**1 MONTH**

**1 MONTH**

**1 MONTH**

**1 MONTH**

**1 MONTH**

**1 MONTH**

**1 MONTH**

**1 MONTH**

Do 30 minutes of physical activity daily

Keep a healthy diet

No smoking

**1 MONTH**

**1 MONTH**

**1 MONTH**

**1 MONTH**

**1 MONTH**

Avoid alcohol consumption

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	Influenza	Vaccination Pneumococcal	COVID
All Hypertensives	✓		✓	✓	✓	✓
HIGH-RISK Hypertensives		✓	✓	✓	✓	✓

GUYANA CHRONIC DISEASE UNIT  
MINISTRY OF HEALTH

HEARTS

ASSESS TREATMENT ADHERENCE AT EACH VISIT

TAKE ALL MEDICATIONS AT THE SAME TIME EVERY DAY

This protocol is NOT INDICATED IN WOMEN of CHILD-BEARING AGE

# British Virgin Islands

## Hypertension Clinical Pathway

### A ACCURATE BLOOD PRESSURE MEASUREMENT

MEASURE BLOOD PRESSURE IN ALL ADULTS AND AT ALL VISITS

- 1 Don't have a conversation
- 2 Support arm at heart level
- 3 Put the cuff on bare arm
- 4 Use correct cuff size
- 5 Support feet
- 6 Keep legs uncrossed
- 7 Empty bladder first
- 8 Support back

Whenever available, use validated automatic devices for the arms.

### B CARDIOVASCULAR RISK

KNOW YOUR RISK OF CARDIOVASCULAR DISEASE AND HOW TO MODIFY IT

#### CARDIOVASCULAR RISK CALCULATOR

Use the HEARTS App to assess your cardiovascular risk.

Scan code to access the cardiovascular risk calculator.

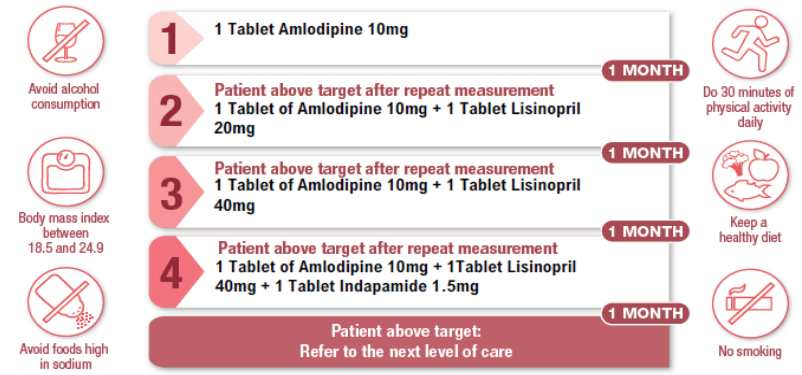
This App does not replace clinical judgment.

### C TREATMENT PROTOCOL

START TREATMENT IMMEDIATELY AFTER CONFIRMING HYPERTENSION

Blood Pressure  $\geq 140/90$  mmHg in all HYPERTENSIVES.  
 Systolic Blood Pressure  $\geq 130$  mmHg in HIGH-RISK HYPERTENSIVES  
 (Established cardiovascular disease, Diabetes, Chronic Kidney Disease, Risk score  $> 10\%$ )

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 $\leq 1$ mg/daily		✓	
High-dose statins: ATORVASTATIN 40 mg/daily		✓	
Moderate-dose statins: ATORVASTATIN 20 mg/daily			✓



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

BRITISH VIRGIN ISLANDS  
BVHSA

ASSESS TREATMENT ADHERENCE AT EACH VISIT  
TAKE ALL MEDICATIONS AT THE SAME TIME EVERY DAY

This protocol is NOT INDICATED in WOMEN of CHILD-BEARING AGE

# Dominica

## Hypertension Clinical Pathway

### A ACCURATE BLOOD PRESSURE MEASUREMENT

MEASURE BLOOD PRESSURE IN ALL ADULTS AND AT ALL VISITS

- 1 Don't have a conversation
- 2 Support arm at heart level
- 3 Support back
- 4 Use correct cuff size
- 5 Put the cuff on bare arm
- 6 Support feet
- 7 Empty bladder first
- 8 Keep legs uncrossed

Whenever available, use validated automatic devices for the arm.

### B CARDIOVASCULAR RISK

KNOW YOUR RISK OF CARDIOVASCULAR DISEASE AND HOW TO MODIFY IT

#### CARDIOVASCULAR RISK CALCULATOR

Use the HEARTS App to assess your cardiovascular risk

Scan code to access the cardiovascular risk calculator

This App does not replace clinical judgment.

### C TREATMENT PROTOCOL

START TREATMENT IMMEDIATELY AFTER CONFIRMING HYPERTENSION

Blood Pressure  $\geq 140/90$  mmHg in all HYPERTENSIVES  
 Systolic Blood Pressure  $\geq 130$  mmHg in HIGH-RISK HYPERTENSIVES  
 (Established cardiovascular disease, Diabetes, Chronic Kidney Disease, Risk score  $\geq 10\%$ )

Cardiovascular risk	HIGH-RISK Hypertensives		
	All Hypertensives	WITH established cardiovascular disease	WITHOUT established cardiovascular disease
Blood Pressure TARGET $<140/90$ mmHg	✓		
Systolic Blood Pressure TARGET $<130$ mmHg		✓	✓
ASPIRIN 100 mg/daily		✓	
High-dose statins: ATORVASTATIN 40 mg/daily		✓	
Moderate-dose statins: ATORVASTATIN 20 mg/daily			✓

Avoid alcohol consumption

Body mass index between 18.5 and 24.9

Avoid foods high in sodium

- 1** 1 tablet of Lisinopril/Hydrochlorothiazide 20/12.5 mg 1 MONTH
- 2** Patient above target after repeat measurement  
2 tablets of Lisinopril/Hydrochlorothiazide 20/12.5 mg 1 MONTH
- 3** Patient above target after repeat measurement  
2 tablets of Lisinopril/Hydrochlorothiazide 20/12.5 mg plus 1 tablet of Amlodipine 5 mg 1 MONTH
- 4** Patient above target after repeat measurement  
2 tablets of Lisinopril/Hydrochlorothiazide 20/12.5 mg plus 1 tablet of Amlodipine 10 mg 1 MONTH

Patient above target:  
Refer to the next level of care

Do 30 minutes of physical activity daily

Keep a healthy diet

No smoking

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

Dominica  
Ministry of Health

ASSESS TREATMENT ADHERENCE AT EACH VISIT

TAKE ALL MEDICATIONS AT THE SAME TIME EVERY DAY

This protocol is NOT INDICATED in WOMEN of CHILD-BEARING AGE