**HEARTS Clinical Pathway**

### A. Accurate Blood Pressure Measurement

- Measure blood pressure in all adults and at all visits.
- Support back.
- Support arm at heart level.
- Put the cuff on bare arm.
- Use correct cuff size.
- Keep legs uncrossed.
- Don’t have a conversation.

### B. Cardiovascular Risk

- **Cardiovascular Risk Calculator**
  - Use the HEARTS App to assess your cardiovascular risk.
  - Scan code to access the cardiovascular risk calculator.

### C. Treatment Protocol

- **Start Treatment Immediately After Confirming Hypertension**
  - Blood Pressure \( \geq 140/90 \text{ mmHg} \) in all Hypertensives.
  - Systolic Blood Pressure \( \geq 130 \text{ mmHg} \) in HIGH-RISK Hypertensives (Established cardiovascular disease, Diabetes, Chronic Kidney Disease, Risk score \( \geq 10\% \)).

<table>
<thead>
<tr>
<th>Cardiovascular risk</th>
<th>All Hypertensives</th>
<th>HIGH-RISK Hypertensives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure TARGET ( &lt;140/90 \text{ mmHg} )</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Systolic Blood Pressure TARGET ( &lt;130 \text{ mmHg} )</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>ASPIRIN 100 mg/daily</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>High-dose statins: ATORVASTATIN 40 mg/daily</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Moderate-dose statins: ATORVASTATIN 20 mg/daily</td>
<td>✔</td>
<td>✔</td>
</tr>
</tbody>
</table>

#### 1. Patient above target after repeat measurement

- 1 Tablet of Telmisartan/Amlodipine 40/5 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 + \( \frac{1}{2} \) Tablet of Chlorthalidone 25 mg

#### 4. Patient above target after repeat measurement

- 1 Tablet of Telmisartan/Amlodipine 80/10 mg + 1 Tablet of Chlorthalidone 25 mg

**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

| All Hypertensives | ✔ | ✔ | ✔ | ✔ |
| HIGH-RISK Hypertensives | ✔ | ✔ | ✔ | ✔ |

*The medications serve as examples and can be replaced with any two medications from any of the three drug classes (ACEis/ARBs, CCBs or thiazide/thiazide-like diuretics). Start with a single-pill combination (fixed-dose combination) or two individual pills if FDC is not available. Atorvastatin serve as an example and can be replaced for other statins.*

### Proposal of Standard Clinical Pathway

- **Proposal of Standard Clinical Pathway developed by the HEARTS in the Americas Team**
- **Assess Treatment Adherence at Each Visit**
- **Take all medications at the same time every day**

**HEARTS Clinical Pathway**

- **Avoid alcohol consumption**
- **Body mass index between 18.5 and 24.9**
- **Avoid foods high in sodium**
- **No smoking**
- **Do 30 minutes of physical activity daily**
- **Keep a healthy diet**
- **Scan code to access the cardiovascular risk calculator**

**PAHO**

- **This protocol is NOT INDICATED in WOMEN of CHILD-BEARING AGE**
- This protocol is developed by the HEARTS in the Americas Team.