Hypertension Clinical Pathway
IMMEDIATE 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

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 ≥140/90 mmHg in all HYPERTENSIVES.
Systolic Blood Pressure ≥130 mmHg in HIGH-RISK HYPERTENSIVES
(Established cardiovascular disease, Diabetes, Chronic Kidney Disease, Risk score ≥ 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 mmHg</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Systolic Blood Pressure TARGET &lt;130 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. **Ramipril/Amlodipine 5/5 mg**
1 MONTH
- Avoid alcohol consumption
- Body mass index between 18.5 and 24.9
- Avoid foods high in sodium
- Do 30 minutes of physical activity daily
- Keep a healthy diet
- No smoking

2. **Patient above target after repeat measurement**
2. **Ramipril/Amlodipine 10/10 mg**
1 MONTH

3. **Patient above target after repeat measurement**
3. **Ramipril/Amlodipine 10/10 mg + HCTZ 25mg**
1 MONTH

4. **Patient above target after repeat measurement**
4. **Ramipril/Amlodipine 10/10 mg + HCTZ 50mg**
1 MONTH

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      | ✓                         | ✓                         | ✓                           | Influenza
| HIGH-RISK Hypertensives| ✓                         | ✓                         | ✓                           | Pneumococcus
|                        |                           |                           |                             | COVID

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 CHILDBEARING AGE