Hypertension Clinical Pathway

AACCURATE BLOOD PRESSURE MEASUREMEN但实际上
Measure blood pressure in all adults and at all visits

B CARDIOVASCULAR RISK
Know your risk of cardiovascular disease and how to modify it

C TREATMENT PROTOCOL
Start treatment immediately after confirming hypertension

Cardiovascular risk

<table>
<thead>
<tr>
<th>Blood Pressure TARGET &lt;140/90 mmHg</th>
<th>All Hypertensives</th>
<th>HIGH-RISK Hypertensives</th>
</tr>
</thead>
<tbody>
<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. **Losartan/Amlodipine 50/5 mg (ARB+CCB combined or separate)**
   - **1 MONTH**

2. **Patient above target after repeat measurement**
   - **Losartan/Amlodipine 100/10 mg (ARB+CCB combined or separate)**
   - **1 MONTH**

3. **Patient above target after repeat measurement**
   - **Losartan/Amlodipine 100/10 mg + Hydrochlorothiazide 12.5 mg (ARB+CCB+HCTZ)**
   - **1 MONTH**

4. **Patient above target after repeat measurement**
   - **Losartan/Amlodipine 100/10mg + Hydrochlorothiazide 25 mg (ARB+CCB+HCTZ)**
   - **1 MONTH**

Patient above target: Refer to the next level of care

Patients under control

<table>
<thead>
<tr>
<th>Patients under control</th>
<th>Minimum 6-MONTH follow-up</th>
<th>Minimum 3-MONTH follow-up</th>
<th>Supply medicines for 3 MONTHS</th>
<th>COVID</th>
<th>Vaccination</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Hypertensives</td>
<td>✔</td>
<td>✓</td>
<td>✓</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>HIGH-RISK Hypertensives</td>
<td></td>
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</tbody>
</table>

Belize
Ministry of Health and Wellness

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.

Scan code to access the cardiovascular risk calculator

This App does not replace clinical judgment.