**Hypertension Clinical Pathway**

### A. ACCURATE BLOOD PRESSURE MEASUREMENT
- Measure blood pressure in all adults and at all visits.
- Support back.
- Empty bladder first.
- Keep legs uncrossed.
- Support feet.
- Don’t have a conversation.
- Support arm at heart level.
- Put the cuff on bare arm.
- Use correct cuff size.

### B. CARDIOVASCULAR RISK
- Know your risk of cardiovascular disease and how to modify it.
- Use the HEARTS Risk Calculator.
- Scan code to access the cardiovascular risk calculator.

### 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

<table>
<thead>
<tr>
<th></th>
<th>All Hypertensives</th>
<th>WITH established cardiovascular disease</th>
<th>WITHOUT established cardiovascular disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure TARGET $&lt;140/90$ mmHg</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Systolic Blood Pressure TARGET $&lt;130$ mmHg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ASPIRIN 81 mg/daily</td>
<td>✓</td>
<td></td>
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<tr>
<td>High-dose statins: ATORVASTATIN 80 mg/daily</td>
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<tr>
<td>Moderate-dose statins: ATORVASTATIN 40 mg/daily</td>
<td></td>
<td></td>
<td>✓</td>
</tr>
</tbody>
</table>

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 80/10 mg Chlorthalidone 12.5 mg + Spironolactone 25mg

**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

**Barbados**
Ministry of Health and Wellness

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This protocol is NOT INDICATED in PREGNANCY.