

Hypertension Clinical Pathway

IMMEDIATE TREATMENT ALGORITHM

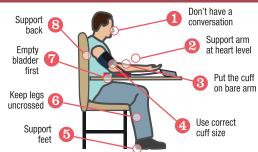




ACCURATE BLOOD PRESSURE MEASUREMENT

MEASURE BLOOD PRESSURE IN ALL ADULTS AND AT ALL VISITS







CARDIOVASCULAR RISK

KNOW YOUR RISK OF CARDIOVASCULAR DISEASE AND HOW TO MODIFY IT

CARDIOVASCULAR RISK CALCULATOR

Use the **HEARTS** App to assess vour cardiovascular risk



Scan code to access the cardiovascular risk calculator



This App does not replace clinical judgment.



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 %)

Cardiovascular risk		All	HIGH-RISK Hypertensives			
		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

Ramipril/Amlodipine 5/5 mg

+ HCTZ 25mg





Do 30 minutes of physical activity daily



Body mass index between 18.5 and 24.9



Avoid foods high in sodium





(1 MONTH)



Keep a healthy diet



Patient above target after repeat measurement

Patient above target after repeat measurement

Ramipril/Amlodipine 10/10 mg + HCTZ 50ma

Ramipril/Amlodipine 10/10 mg

1 MONTH



No smoking

Patient above target: Refer to the next level of care

Patients under control	Minimum 6-MONTH	Minimum 3-MONTH follow-up	Supply medicines for 3 MONTHS	Vaccination		
	follow-up			Influenza	Pneumococcus	COVID
All Hypertensives	√		√			1
HIGH-RISK Hypertensives		✓	√	/	/	/_



CHRONIC DISEASE UNIT MINISTRY OF HEALTH



ASSESS TREATMENT ADHERENCE AT EACH VISIT

TAKE ALL MEDICATIONS AT THE SAME TIME EVERY DAY