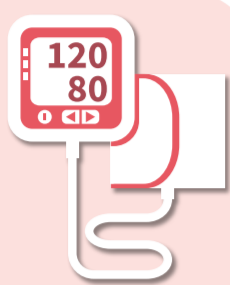


Hypertension Clinical Pathway

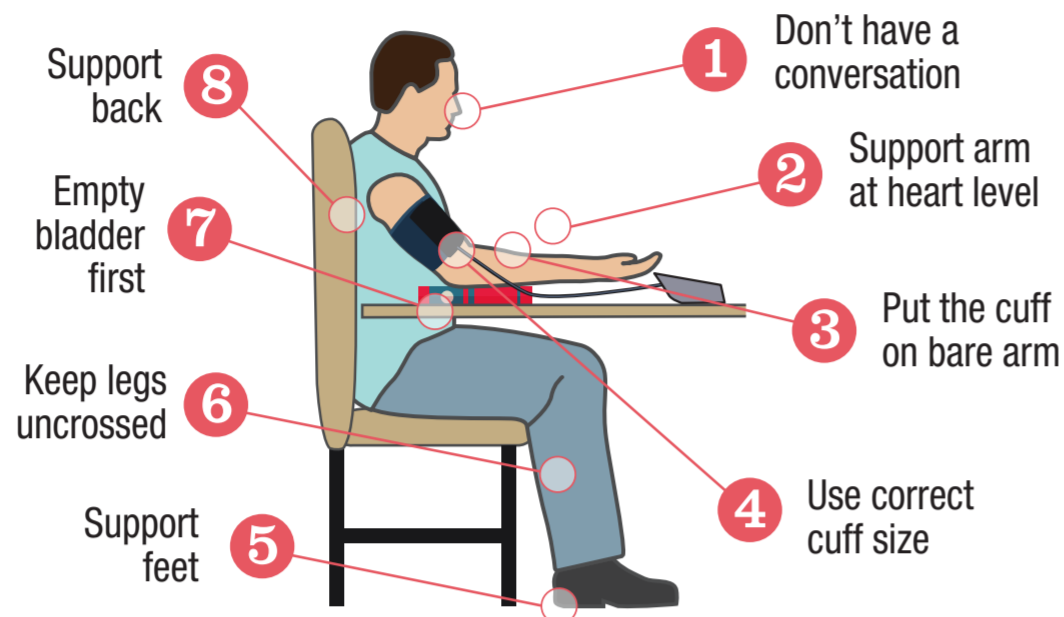
A

ACCURATE BLOOD PRESSURE MEASUREMENT

MEASURE BLOOD PRESSURE IN ALL ADULTS AND AT ALL VISITS



Whenever available, use validated automatic devices for the arm.



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 $\geq 140/90$ mmHg in all **HYPERTENSIVES**.

Systolic Blood Pressure ≥ 130 mmHg in **HIGH-RISK HYPERTENSIVES**

(Established cardiovascular disease, Diabetes, Chronic Kidney Disease, Risk score \geq %)

Cardiovascular risk	All Hypertensives	HIGH-RISK Hypertensives	
		WITH established cardiovascular disease	WITHOUT established cardiovascular disease
Blood Pressure TARGET $<140/90$ mmHg	✓		
Systolic Blood Pressure TARGET <130 mmHg		✓	✓
ASPIRIN mg/daily		✓	
High-dose statins: mg/daily		✓	
Moderate-dose statins: mg/daily			✓



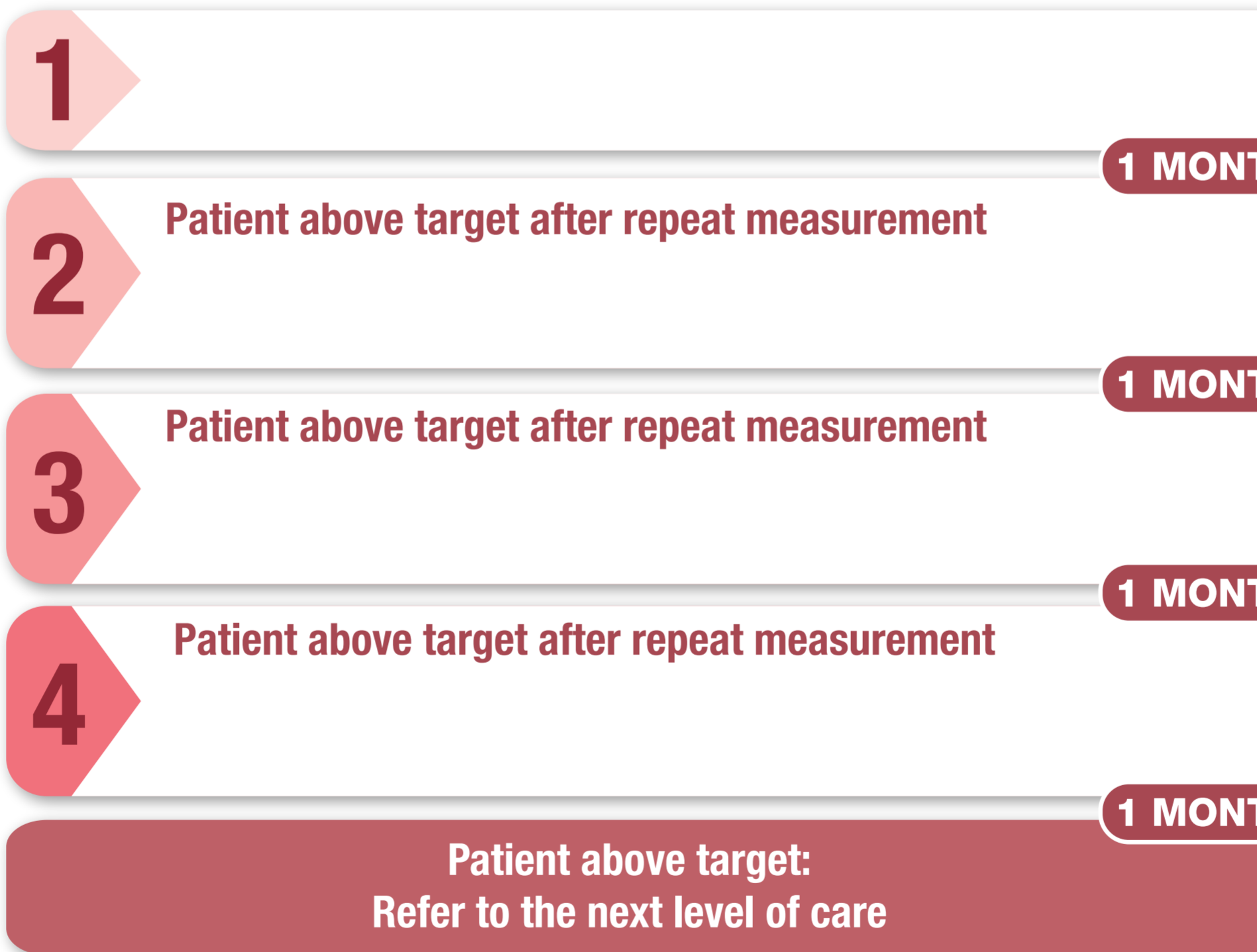
Avoid alcohol consumption



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

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



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**