To establish whether a patient with high (>140/90 mmHg) office blood pressure is hypertensive complete self monitoring protocol*

If self monitored blood pressure is >135/80 mm Hg calculate overall cardiovascular risk** and consider treatment

After starting drug treatment, or after any change in treatment, repeat self monitoring protocol after 4-6 weeks (6 weeks for diuretics)

When self monitored blood pressure is at target (usually <135/85 mmHg) monitor at intervals (see below)

If blood pressure is in the target range, repeat self monitoring protocol at intervals of 9-12 months (earlier if clinical circumstances change)