Hypertension Management Algorithm

Measure BP in ALL adults

SBP >140 or DBP >90
Check again 3 times at 1 minute intervals

If any screening BP has SBP<140 and DBP<90 Evaluate again after 6 month

High BP after 3 screenings

Ask about symptoms
Shortness of breath on small exercises, feet swollen, chest pain, limb weakness/paralysis, blurred vision, headache or convulsions.

If “Yes” to any symptoms Call ART Coordinator or Refer patient to hospital

No symptoms

Check cardiovascular risk factors

a) Proteinuria (on dipstick)
b) Diabetic (RBS>11.1mmoles)

If “Positive” on either test Call ART Coordinator or Refer patient to hospital

No risk factors

SBP 140-159 and/or DBP 90-99
3-month trial of lifestyle changes:
Weight reduction, increase physical exercise, decrease dietary salt intake, decrease alcohol consumption, stop smoking, promote fresh fruits and vegetables intake, fatty food limitation

Follow up in 3 months - If BP remains high then start medications

SBP 160-179 and/or DBP 100-109

SBP >180 or DBP > 110

3-month trial of lifestyle changes:
Weight reduction, increase physical exercise, decrease dietary salt intake, decrease alcohol consumption, stop smoking, promote fresh fruits and vegetables intake, fatty food limitation

PLUS

Follow up in 3 months - If BP remains high then start medications

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