

10 Hypertension Best Practices

1 Most people with hypertension have no symptoms. Screen all adults in your clinic for hypertension.



2 Measure blood pressure, the right way, every time.



3 Use good quality digital blood pressure monitors. Manual blood pressure is not always the best in busy clinic settings!



4 Treat all patients with systolic of 140 or above, or diastolic of 90 or above, on two separate days.

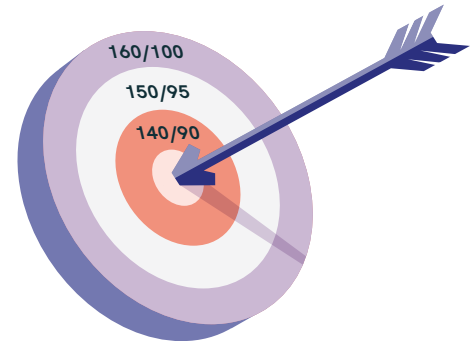


5 Start treatment with medications on the same day if systolic blood pressure is 160 or above or diastolic is 100 or above.



6 Recommend lifestyle management as a complement to medication treatment for hypertension — not as a substitute!

7 Treatment goal is <140/90. Lower is better. Reinforce treatment by explaining benefits of blood pressure control and risks of not taking medicines.



8 Use once-a-day medication to improve treatment adherence.



9 When available and affordable, prescribe fixed dose combination drug pills over multiple single drug pills.



10 Follow up patients to ensure blood pressure control. Have an information system that provides regular feedback on patient treatment and control rates.

