

# 10 Hypertension Best Practices



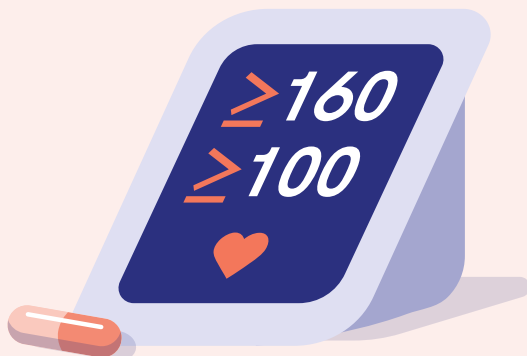
- 1** Most people with hypertension have no symptoms. Screen all adults for hypertension.



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



- 3** Use good quality digital blood pressure monitors.



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



- 4** Treat all patients whose blood pressure readings on two separate days are 140 or above for systolic or 90 or above for diastolic.

**6** Recommend lifestyle management in addition to medicines for hypertension — not as a substitute!



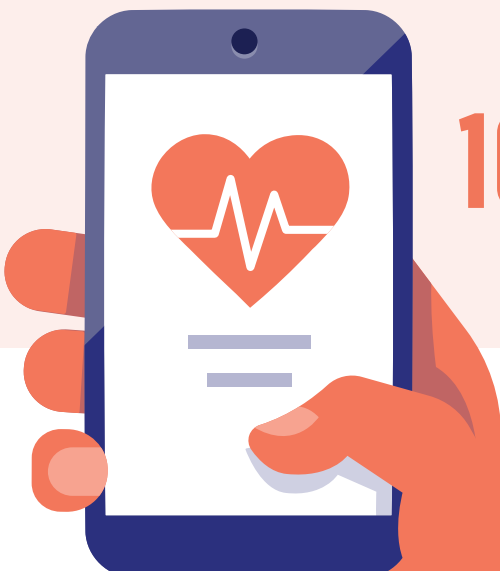
**7** Treatment goal is  $<140/90$ . Lower is better. Explain benefits of blood pressure control and risks of not taking medicines.



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



**9** When available and affordable, prescribe fixed dose combination drug pills.



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