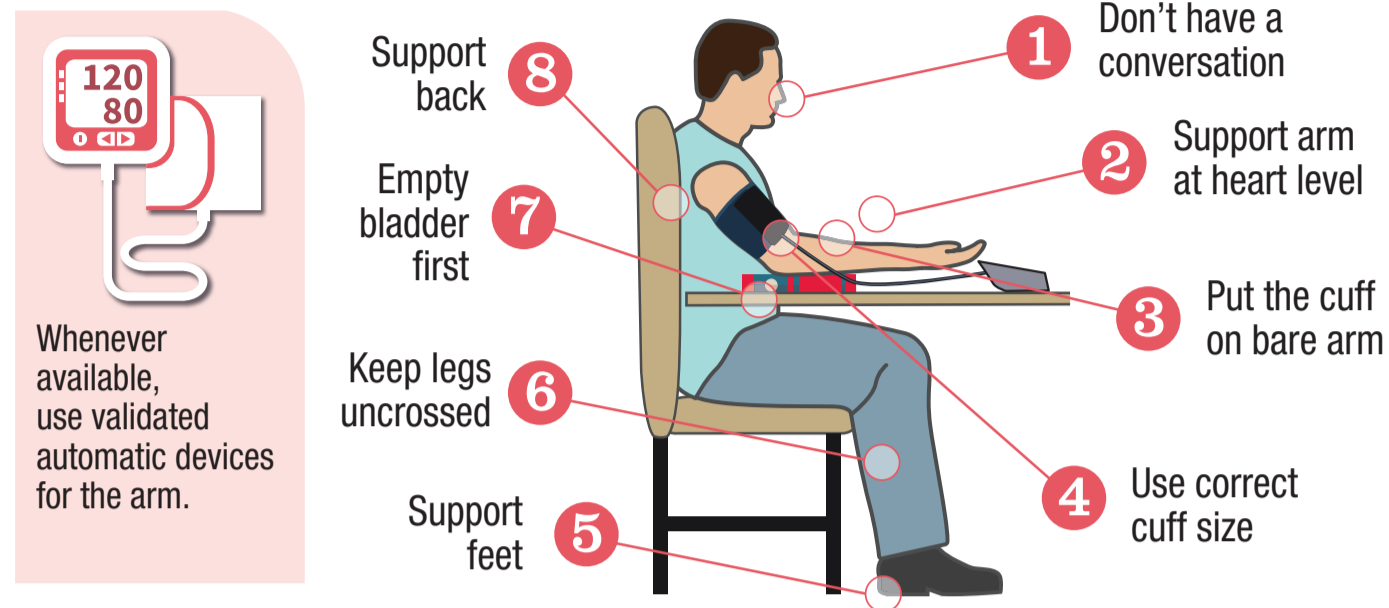


# HEARTS Clinical Pathway

## A ACCURATE BLOOD PRESSURE MEASUREMENT

MEASURE BLOOD PRESSURE IN ALL ADULTS AND AT ALL VISITS



## 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  $\geq 130$  mmHg in **HIGH-RISK HYPERTENSIVES**  
(Established cardiovascular disease, Diabetes, Chronic Kidney Disease, Risk score  $\geq 10\%$ )

Cardiovascular risk	All Hypertensives	HIGH-RISK Hypertensives	
		WITH established cardiovascular disease	WITHOUT established cardiovascular disease
Blood Pressure <b>TARGET</b> $<140/90$ mmHg	✓		
Systolic Blood Pressure <b>TARGET</b> $<130$ mmHg		✓	✓
ASPIRIN 100 mg/daily		✓	
High-dose statins: ATORVASTATIN 40 mg/daily		✓	
Moderate-dose statins: ATORVASTATIN 20 mg/daily			✓

Avoid alcohol consumption

Body mass index between 18.5 and 24.9

Avoid foods high in sodium

- 1

**1 Tablet of Telmisartan/Amlodipine 40/5 mg**

1 MONTH
- 2

**Patient above target after repeat measurement**  
**1 Tablet of Telmisartan/Amlodipine 80/10 mg**

1 MONTH
- 3

**Patient above target after repeat measurement**  
**1 Tablet of Telmisartan/Amlodipine 80/10 mg**  
**+ ½ Tablet of Chlorthalidone 25 mg**

1 MONTH
- 4

**Patient above target after repeat measurement**  
**1 Tablet of Telmisartan/Amlodipine 80/10mg**  
**+ 1 Tablet of Chlorthalidone 25 mg**

1 MONTH

**Patient above target:**  
**Refer to the next level of care**

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	✓		✓			✓
<b>HIGH-RISK</b> Hypertensives		✓	✓	✓	✓	✓



Proposal of Standard Clinical Pathway developed by the HEARTS in the Americas Team

\*The medications serve as examples and can be replaced with any two medications from any of the three drug classes (ACEis/ARBs, CCBs or thiazide/thiazide-like diuretics). Start with a single-pill combination (fixed-dose combination) or two individual pills if FDC is not available. Atorvastatin serve as an example and can be replaced for other statins.

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