



Hypertension Clinical Pathway



IMMEDIATE TREATMENT ALGORITHM

A ACCURATE BLOOD PRESSURE MEASUREMENT

MEASURE BLOOD PRESSURE IN ALL ADULTS AND AT ALL VISITS

Whenever available, use validated automatic devices for the arm.

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 ≥ 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 TARGET $<140/90$ mmHg	✓		
Systolic Blood Pressure TARGET <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

Ramipril/Amlodipine 5/5 mg

1 MONTH
- 2

Patient above target after repeat measurement

Ramipril/Amlodipine 10/10 mg

1 MONTH
- 3

Patient above target after repeat measurement

Ramipril/Amlodipine 10/10 mg + HCTZ 25mg

1 MONTH
- 4

Patient above target after repeat measurement

Ramipril/Amlodipine 10/10 mg + HCTZ 50mg

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	✓		✓			✓
HIGH-RISK Hypertensives		✓	✓	✓	✓	✓

GUYANA CHRONIC DISEASE UNIT
MINISTRY OF HEALTH

ASSESS TREATMENT ADHERENCE AT EACH VISIT

TAKE ALL MEDICATIONS AT THE SAME TIME EVERY DAY

This protocol is NOT INDICATED in WOMEN of CHILD BEARING AGE