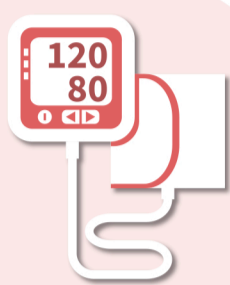


# Hypertension Clinical Pathway

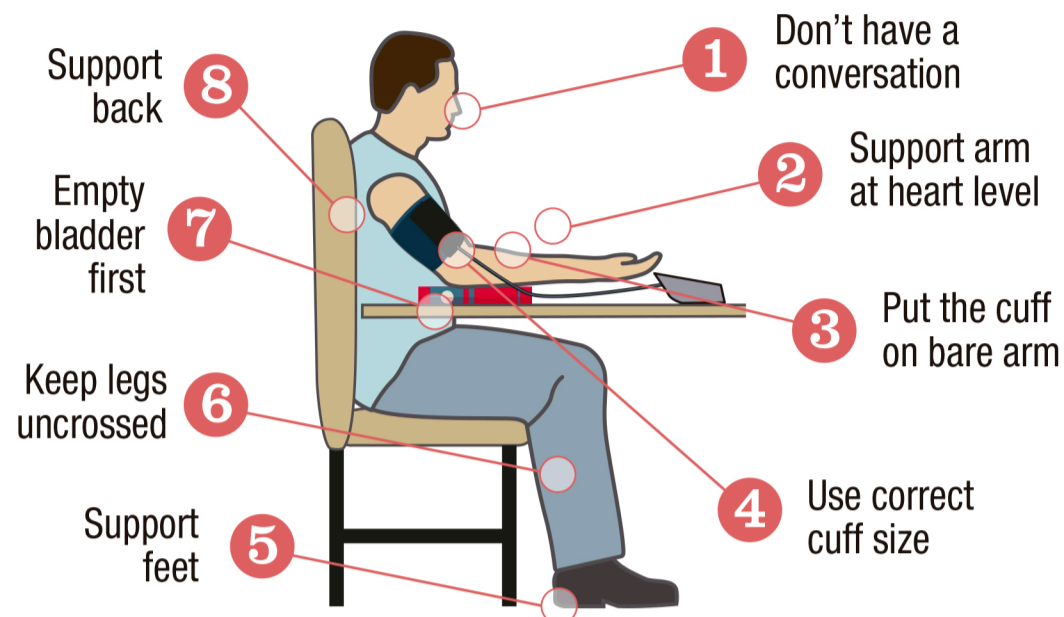
## A

### 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  $\geq 130$  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** Losartan/Amlodipine 50/5 mg (ARB+CCB combined or separate)

1 MONTH

**2** Patient above target after repeat measurement  
Losartan/Amlodipine 100/10 mg (ARB+CCB combined or separate)

1 MONTH

**3** Patient above target after repeat measurement  
Losartan/Amlodipine 100/10 mg + Hydrochlorothiazide 12.5 mg (ARB+CCB+HCTZ)

1 MONTH

**4** Patient above target after repeat measurement  
Losartan/Amlodipine 100/10mg + Hydrochlorothiazide 25 mg (ARB+CCB+HCTZ)

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		
				COVID		
All Hypertensives	✓		✓	✓		
HIGH-RISK Hypertensives		✓	✓	✓		



Belize

Ministry of Health and Wellness

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**