Hypertension Treatment Protocols for Non-Pregnant Adults

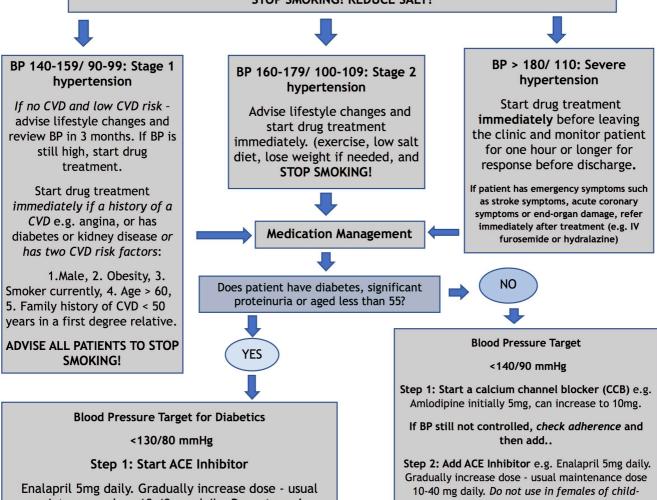
Hypertension is defined as blood pressure consistently greater than 140/90 on more than two occasions.

Check random blood glucose on all hypertensive patients and follow diabetes protocols if elevated.

Check urine dipstick for blood & protein (end-organ kidney disease).

Counsel on life-style modifications and importance of medication adherence at every visit.

STOP SMOKING! REDUCE SALT!



maintenance dose 10-40 mg daily. Do not use in females of child-bearing age/pregnant.

Step 2. Add calcium channel blocker. (See Step 1 for non-diabetics)

Step 3. Add thiazide-like diuretic (See Step 3 for nondiabetics). Be aware may worsen hyperglycaemia in diabetics

Avoid B blockers as much as possible (masks hypoglycemia)

bearing age/pregnant.

Step 3: Add thiazide-like diuretic

Hydrochlorothiazide 12.5mg (starting dose) once daily If BP not controlled, increase Hydrochlorothiazide to 25mg once daily (50mg maximum dose)

May make dosage adjustments or add on drugs every two weeks until stable. May have 30 day drug supply after that at provider discretion.