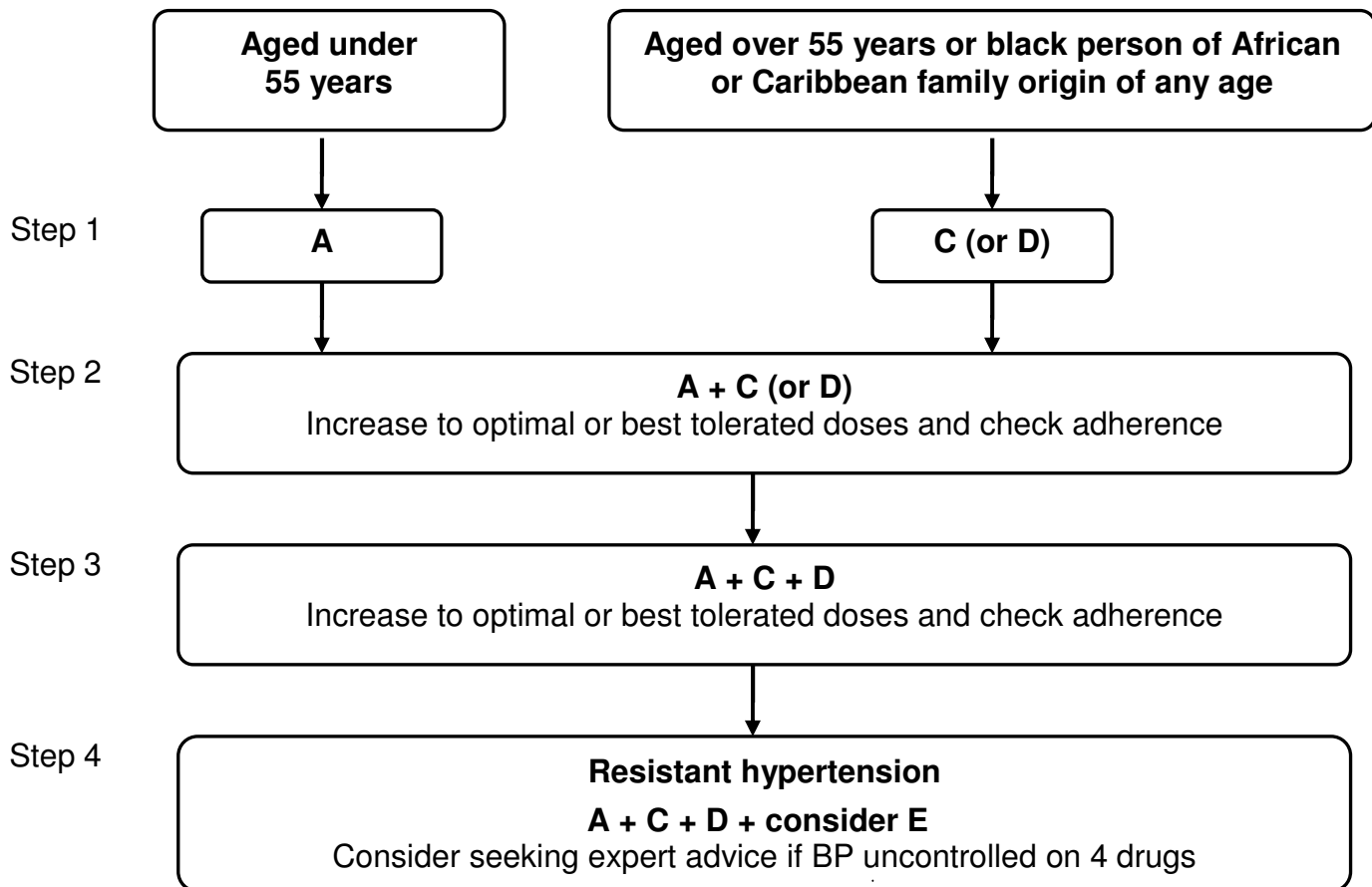


Summary of adult antihypertensive drug treatment (not people with diabetes or pregnant women)



Key – Drug Therapy

- A** ACE inhibitor (**lisinopril or ramipril**) OR
If ACE inhibitor not tolerated or contraindicated - low cost angiotensin II receptor blocker (**losartan**).
- C** Calcium-channel blocker (**amlodipine**).
- D** Thiazide-like diuretic (**indapamide as 2.5mg standard tablet – if not tolerated consider bendroflumethiazide 2.5mg**)
- (or D)** consider a thiazide-like diuretic if a calcium-channel blocker is not tolerated or the person has oedema, evidence of heart failure or a high risk of heart failure.
- A + C** consider a low cost angiotensin II receptor blocker (**losartan**) in preference to an ACE inhibitor in combination with a calcium-channel blocker in black people of African or Caribbean family origin.
- E**
 - Blood potassium ≤ 4.5 mmol/L – consider **spironolactone 25mg daily** (unlicensed).
 - Blood potassium > 4.5 mmol/L – consider **higher dose thiazide**.
 OR if further diuretic therapy is not tolerated or is contraindicated or ineffective:
 - Alpha-blocker (**eg doxazosin standard tablets**) OR
 - Beta-blocker (**eg atenolol**).
- Do **NOT** switch patients stable and well controlled on bendroflumethiazide or hydrochlorothiazide to alternative treatments.
- Indapamide MR is **NOT** recommended for prescribing.
- ACE inhibitors and angiotensin II receptor blockers should **NOT** be used in combination.
- Aliskiren is **NOT** recommended for prescribing.

Blood pressure targets

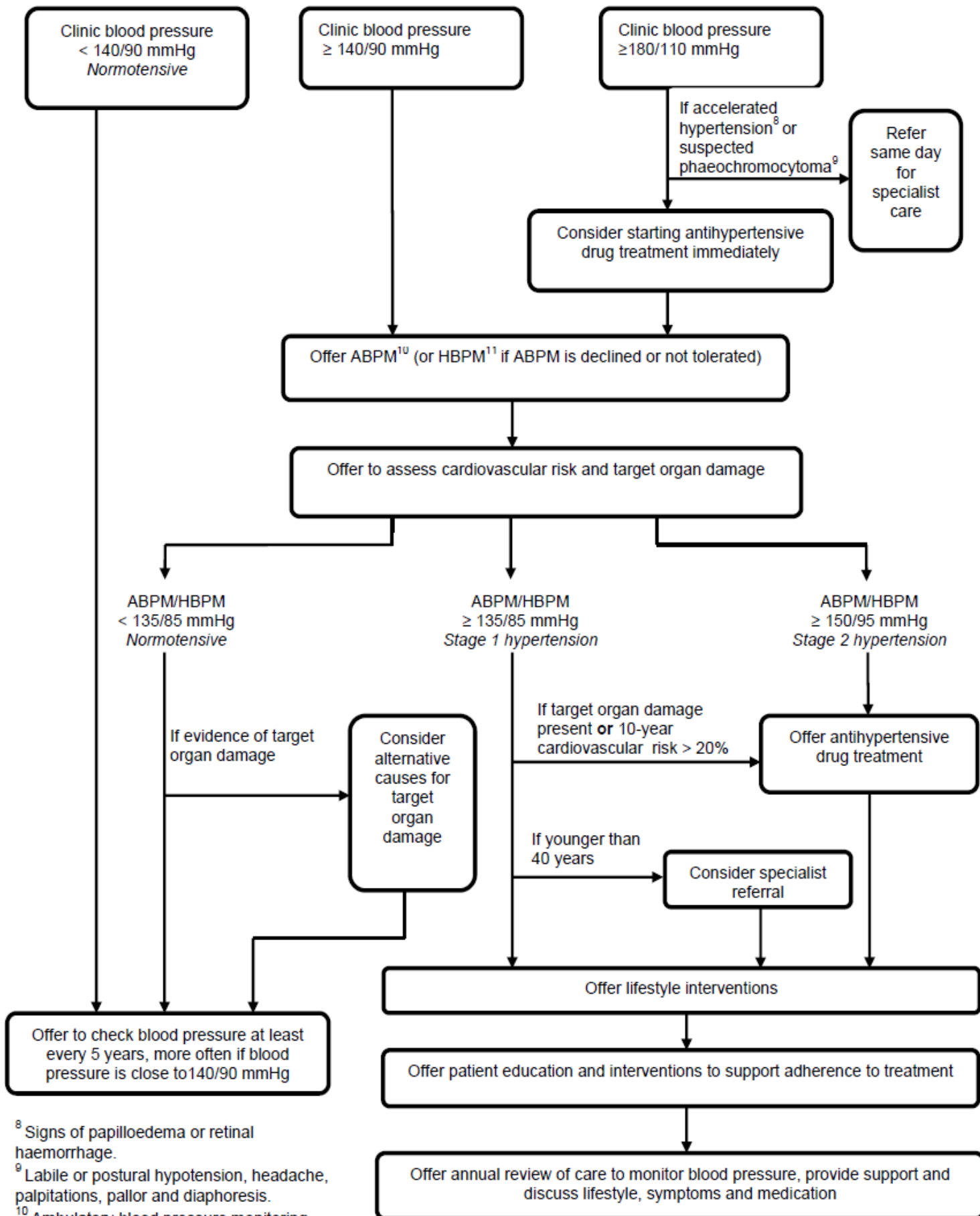
Clinic blood pressure

- People aged under 80 years: lower than 140/90 mmHg
- People aged over 80 years: lower than 150/90 mmHg

Daytime home readings (or ABPM) – where white coat hypertension ($>20/10$ mmHg difference between clinic & home)

- People aged under 80 years: lower than 135/85 mmHg
- People aged over 80 years: lower than 145/85 mmHg

Diagnosis and Care Pathway for Hypertension (from NICE Guideline)



⁸ Signs of papilloedema or retinal haemorrhage.

⁹ Labile or postural hypotension, headache, palpitations, pallor and diaphoresis.

¹⁰ Ambulatory blood pressure monitoring.

¹¹ Home blood pressure monitoring.