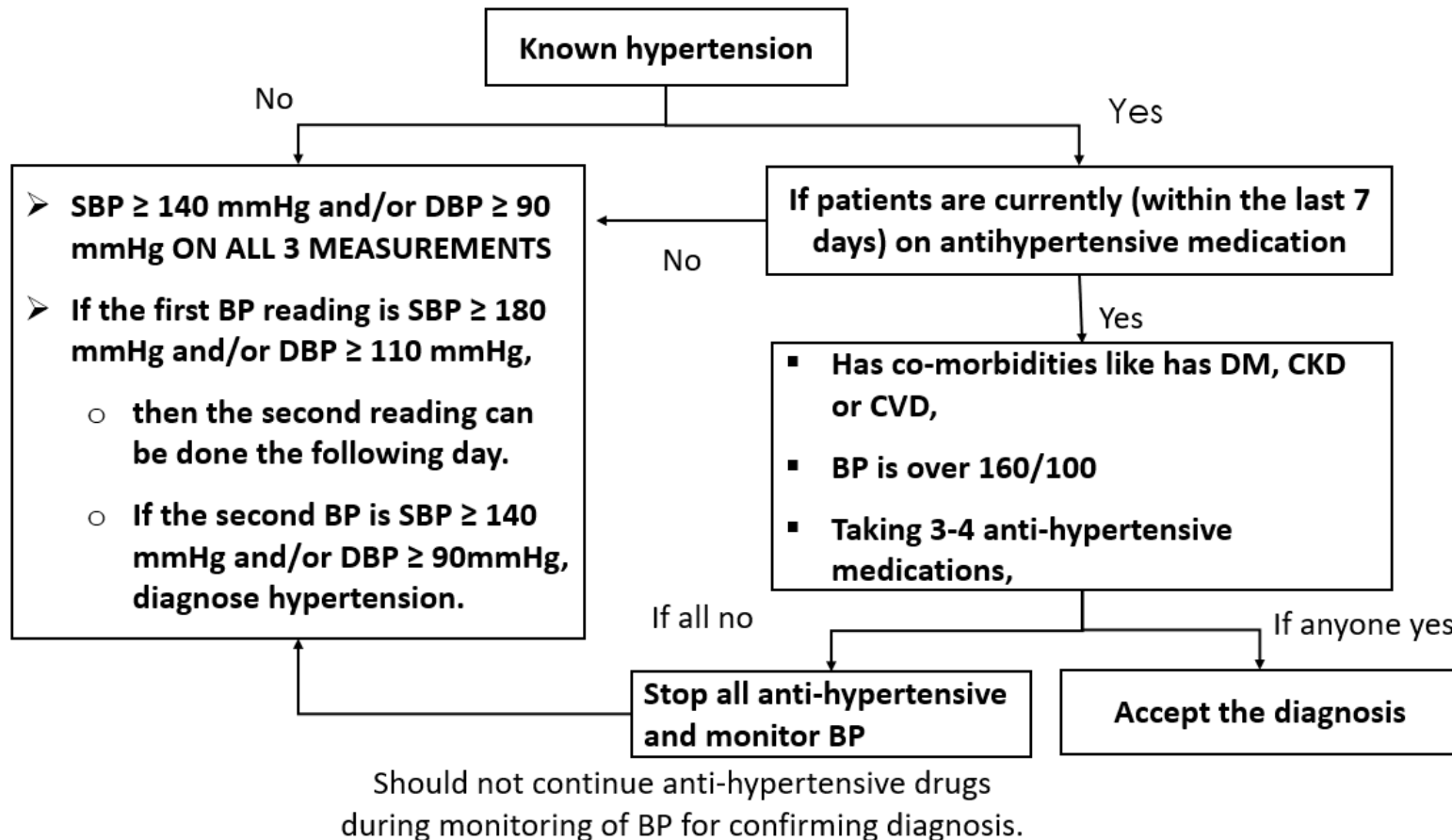


Diagnosis of Hypertension



A. How will you take the clinic BP

If the BP measured in the clinic is 140/90 mmHg or higher:

- Take a second measurement after 10 minutes of rest
- Record the lower BP as a clinic blood pressure.

B. No known history of hypertension

- **DO NOT DIAGNOSE HYPERTENSION ON ONE READING**
- Measure the clinic BP on 3 different days over 2-3 weeks for diagnosis of hypertension.
- ONLY diagnose hypertension if:
 - SBP $\geq$ 140 mmHg and/or DBP $\geq$ 90 mmHg ON ALL 3 MEASUREMENTS
 - SBP $\geq$ 180 mmHg and/or DBP $\geq$ 110 mmHg, then the second reading can be done the following day. If the second BP is SBP $\geq$ 140 mmHg and/or DBP $\geq$ 90mmHg, diagnose hypertension.
- Once hypertension is diagnosed and the stage is determined (using the most recent blood pressure), the NCD file must be started and must use NCD forms.

C. With the History of Hypertension

- DON'T SIMPLY ACCEPT THAT A PREVIOUS DIAGNOSIS OF HYPERTENSION MEANS THE PATIENT NEEDS DRUG THERAPY NOW.
- WE MUST ALWAYS REASSESS THE NEED.
 - **If patients have not taken any antihypertension medication in the last 7 days**, manage as for new patients by checking BP on 3 separate occasions over 2-3 weeks, and treat accordingly
 - **If patients are currently (within the last 7 days) on antihypertensive medication:**

Accept the diagnosis if

- the patient also has DM, CKD, or CVD, irrespective of BP reading or
- the BP is over SBP 160 and/or DBP 100, or
- the BP is under 160/100 on 3-4 medications,
- If the patient has no history of DM, CKD, or CVD

Stop the medications and check BP on 3 separate occasions over 1-2 weeks if

- the patient has no history of DM, CKD, or CVD and
- the BP is under 160/100 on 1 or 2 medications

- All patients with diagnosed hypertension should receive the following investigations. These should be done BEFORE starting antihypertensive treatment, as they will determine which treatment is appropriate:

Urine dipstick	: Baseline and annually (for protein, blood, glucose)
Creatinine Clearance	: Baseline, annually, and if needed
Blood sugar	: Baseline if not performed within the last 6 months and annually
Total cholesterol	: Baseline if not performed within the last 6 months and annually
An electrocardiogram (ECG) is only performed if a specific cardiac condition is suspected	

Treatment of Hypertension

