Hypertension Management Protocol for Primary Health Care Setting*

Measure blood pressure of all adults ≥ 18 years**

If SBP is 140-159 mmHg or DBP 90-99 mmHg → Advice for lifestyle modification

Review BP after 2 weeks. If SBP is still 140-159 mmHg or DBP 90-99 mmHg, start drug treatment as below.***

**Step 1**
Start amlodipine 5 mg once daily.

**Step 2**
Review after 1 month. If treatment target not met, amlodipine 5 mg + losartan 50 mg once daily.

**Step 3**
Review after 1 month. If treatment target not met, amlodipine 5 mg + losartan 50 mg + hydrochlorothiazide 12.5 mg once daily.

**Step 4**
Review after 1 month. If treatment target not met, refer to a specialist.

<table>
<thead>
<tr>
<th>Treatment Target Based on Levels of Blood Pressure</th>
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</thead>
<tbody>
<tr>
<td>Most Patients</td>
</tr>
<tr>
<td>Having Comorbidity (diabetes, ischemic heart disease, stroke, chronic kidney disease)</td>
</tr>
<tr>
<td>High CVD Risk &gt; 30% (as per CVD risk prediction chart)</td>
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</tbody>
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For Women of Childbearing Age Who May Become Pregnant

Step 1: Start amlodipine 5 mg once daily.

Step 2: Review after 1 month. If treatment target not met, amlodipine 10 mg once daily.

Step 3: Review after 1 month. If treatment target not met, refer to specialist.

⚠️ DO NOT PRESCRIBE losartan or any ACE inhibitor or ARB to women who may become pregnant.

Advice for lifestyle modification

- Avoid alcohol and tobacco, including secondhand smoke
- Exercise 2.5 hr/week
- Eat a low salt diet (under 1 tsp/day)
- Eat a heart-healthy diet

If overweight, lose weight.

Eat at least 5 servings of vegetables/fruit per day.

Use healthy oils, such as sesame (til), olive, safflower, sunflower.

Eat nuts, peas, whole grains and foods rich in potassium like spinach, watermelon, yogurt and banana.

Limit red meat to once or twice per week at most.

Eat fish or other food rich in omega 3 fatty acids at least twice per week.

Avoid added sugar from cakes, cookies, sweets, fizzy drinks.

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* Adapted from National Protocol for Management of Diabetes and Hypertension, NCDC programme, DGHS MOHFW 2018-19.
** For patients aged ≥ 40 years, decision to treat high blood pressure may be taken based on total cardiovascular disease (CVD) risk estimation.
*** This protocol should not be used for pregnant patients. If patient is pregnant, refer to a specialist.