Punjab

Hypertension Protocol

Measure blood pressure of all adults over 18 years

High BP: SBP ≥ 140 or DBP ≥ 90 mmHg

Step 1

If BP is high.*

Prescribe Amlodipine 5mg

Step 2

After 30 days* measure BP again. If still high:

Increase to Amlodipine 10mg

Step 3

After 30 days* measure BP again. If still high:

Add Telmisartan 40mg

Step 4

After 30 days* measure BP again. If still high:

Increase to Telmisartan 80mg

Step 5

After 30 days* measure BP again. If still high:

Add Chlorthalidone 12.5mg**

Step 6

After 30 days measure BP again. If still high:

Increase to Chlorthalidone 25mg**

... Check if the patient has been taking medications regularly and correctly. If yes, refer to a specialist.

Pregnant women and women who may become pregnant

▲ DO NOT give Telmisartan or Chlorthalidone.
- Statins, ACE inhibitors, angiotensin receptor blockers (ARBs), and thiazide/thiazide-like diuretics should not be given to pregnant women or to women of childbearing age not on effective contraception.
- Calcium channel blocker (CCB) can be used. If not controlled with intensification dose, refer to a specialist.

Diabetic patients
- Treat diabetes according to protocol.
- Aim for a BP target of < 140/90 mmHg.

Heart attack in last 3 years
- Add beta blocker to Amlodipine with initial treatment.

Heart attack or stroke, ever
- Begin low-dose aspirin (75mg) and statin.

People with high CVD risk
- Consider aspirin and statin.

Chronic kidney disease
- ACEI or ARB preferred if close clinical and biochemical monitoring is possible.

Lifestyle advice for all patients

- Avoid tobacco and alcohol
- Exercise 2.5 hr/week
- Reduce salt, under 1 tsp/day
- Eat less fried foods

Eat 5 servings of fruits and vegetables per day.
Avoid papads, chips, chutneys, dips, and pickles.
Use healthy oils: E.g. sunflower, mustard, or groundnut.
Limit consumption of foods containing high amounts of saturated fats.
Reduce weight if overweight.
Reduce fat intake by changing how you cook:
- Remove the fatty part of meat
- Use vegetable oil
- Boil, steam, or bake instead of fry
- Limit reuse of oil for frying
Avoid processed foods containing trans fats.
Avoid added sugar.

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* If SBP ≥ 180 or DBP ≥ 110, refer patient to a specialist after starting treatment.
- If SBP 160-179 or DBP 100-109, start treatment on the same day.
- If SBP 140-159 or DBP 90-99, check on a different day and if still elevated, start treatment.

* Dose of anti-hypertension medications can be titrated at 15 days frequency if required.

** Hydrochlorothiazide can be used if Chlorthalidone is not available (25 mg starting dose, 50 mg intensification dose).