

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE GENERAL OF HEALTH SERVICES,  
F-17, KARKARDOOMA, DELHI-110032  
NATIONAL PROGRAMME FOR PREVENTION AND CONTROL OF  
NON-COMMUNICABLE DISEASES, npcdcsdelhi@gmail.com

# Hypertension Treatment Protocol

Measure blood pressure of **all adults over 30 years**

**High BP : SBP  $\geq$  140 or DBP  $\geq$  90 mmHg**

Check for compliance at each visit before titration of dose or addition of drugs

- Step 1** If BP is High :\*  
**Prescribe Amlodipine 5mg**
- Step 2** After 30 days measure BP again. If Still high :  
**Add Telmisartan 40mg**
- Step 3** After 30 days measure BP again. If Still high :  
**Increase Telmisartan to 80mg**
- Step 4** After 30 days measure BP again. If Still high :  
**Increase Amlodipine to 10mg**
- 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 Chlorthalidone to 25mg\*\***

... After 30 days measure BP again. If Still high :  
Check If the patient has been taking medication regularly and correctly . If yes, refer to a Specialist.

\* If SBP  $\geq$  180 or DBP  $\geq$  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 .

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

## 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 child bearing 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  $<$  140/90mmHg.

## 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 2.5hr/week
-  Reduces salt, under 1tsp/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.
- Avoid processed foods containing trans fats.
- Avoid Added Sugar.
- 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.