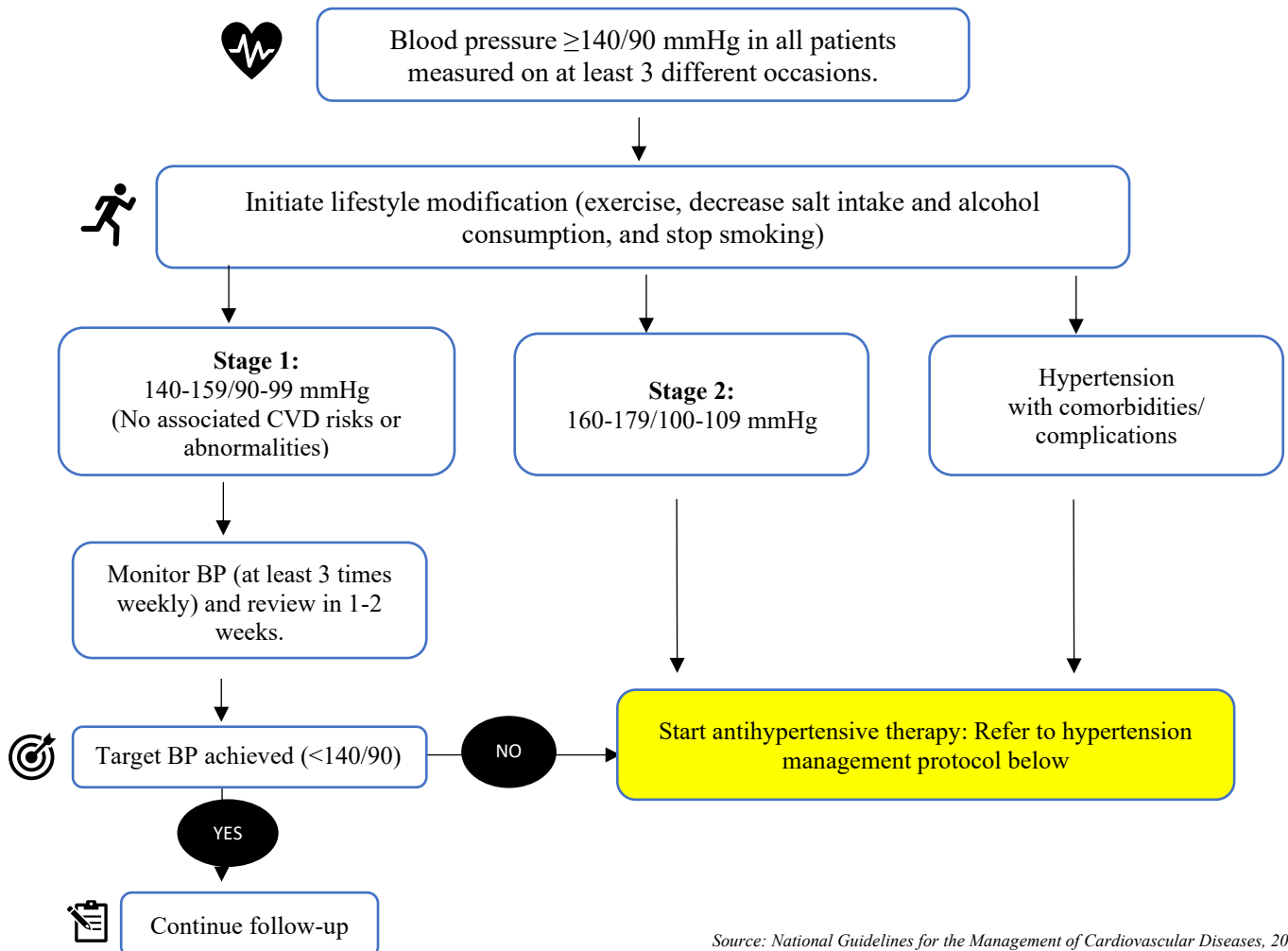


1.1.MANAGEMENT OF HYPERTENSION

Measure blood pressure of all adults ≥ 18 years old



Source: National Guidelines for the Management of Cardiovascular Diseases, 2019
NB: At any given point if SBP ≥ 180 and DBP ≥ 110 mmHg, start amlodipine 10mg, Bendro 2.5mg and REFER.

Figure 1: Management flowchart for hypertension

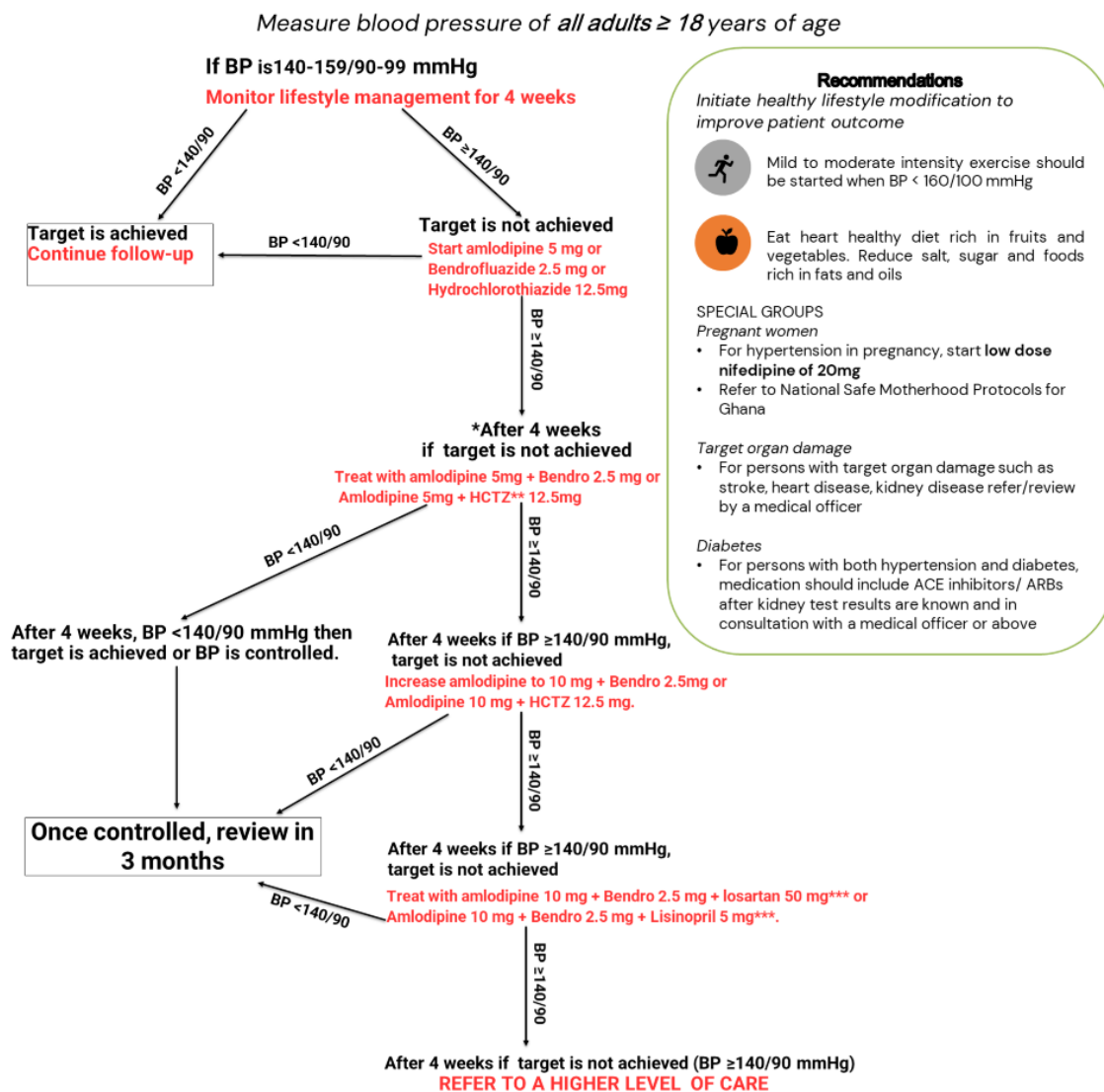


Hypertension Treatment Protocol



Hypertension or high blood pressure occurs when the pressure in blood vessels is too high ($\geq 140/90$ mmHg). It is common but can be serious if not treated. People with high blood pressure (BP) may not feel symptoms but can be detected once the BP is checked (WHO, 2025).

This poster summarizes the treatment algorithm for hypertension.



*For stage 2 hypertension, start combination therapy

** HCTZ: Hydrochlorothiazide

*** To be prescribed under supervision or in consultation with a medical officer or above

To improve patient outcome, initiate healthy lifestyle modification as follows:



HEALTHY DIET



EXERCISE



AVOID/MANAGE STRESS



STOP SMOKING & AVOID ALCOHOL



ADEQUATE SLEEP



HEALTHY RELATIONSHIP

Figure 2: Treatment protocol for hypertension at the sub-district level

