

HYPERTENSION

HYPERTENSION DEFINITIONS

| Stage | Clinic | ABPM/ HBPM |
|---------|---------|------------|
| Stage 1 | 140/90 | 135/85 |
| Stage 2 | 160/100 | 150/95 |
| Severe | 180/110 | ----- |

| ABPM | HBPM |
|-----------------------|------|
| Measurement Technique | |

HYPERTENSION TARGETS

| Age | Clinic | ABPM/ HBPM |
|-----|--------|------------|
| <80 | 140/90 | 135/85 |
| >80 | 150/90 | 145/85 |

Postural Hypotension and Targets

DIAGNOSIS

STAGE 1 HYPERTENSION

STAGE 2 HYPERTENSION/ SEVERE

FURTHER INVESTIGATION

CALCULATE CVD RISK

Stage 1 hypertension/no risk factors

Yes

Treatment not required.
Add to Hypertension
Register and review as
per QOF

No

Stage 1 hypertension with risk factors

LIFESTYLE MEASURES

[TREATMENT ALGORITHM](#)
(opens new page)

[ASSIGN](#)
(webpage)

[ASSIGN](#)
(desktop download)

[NICE Hypertension Pathway](#)

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Sources:
References:
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