Management of Hypertension

TREATMENT ALGORITHM

<55 years or with type II diabetes

STEP 1
A

STEP 2
A + C or A + D

STEP 3
A + C + D

STEP 4
● Confirm resistant hypertension with ABPM or HBPM and assess for postural hypotension
● Consider seeking specialist advice or adding:
   - low-dose spironolactone if blood potassium ≤4.5mmol/L (monitor blood sodium and potassium and renal function within 1 month and then as needed)
   - alpha-blocker or ß-blocker if blood potassium >4.5mmol/L
● If BP remains uncontrolled, refer to a specialist

≥55 years or black patients of African/Caribbean descent

STEP 1
C

STEP 2
C + A or C + D

STEP 3
A + C + D

A = ACE inhibitor (or angiotensin II receptor antagonist if for patients of African/Caribbean descent or ACE inhibitor not tolerated)
C = Calcium-channel blocker
D = Thiazide-like diuretic eg, indapamide