

HYPERTENSION

NICE 2011

DIAGNOSIS

MANAGEMENT

In clinic
 $> 180/110$ = Rx or Admit
 $> 140/90$ = Rpt still high AMBP/HBP
 $< 140/90$ = fuck off, don't check for 5 years

AMBP - 14 Readings watinghaus
Hm BP - twice a Day 4-7 Days (disregard day 1)

$< 135/85$ = don't check for 5 years

$> 135/85$ = STAGE 1 HYPERTENSION \longrightarrow Rx if $> 20\%$ or End organ Damage

$> 150/95$ = STAGE 2 HYPERTENSION \longrightarrow Rx

RISK

Bloods (FBC, UEs, eGFR, glucose, lipids)
[Urine (ACR)
ECG, fundi]

if < 40 years then
need to exclude
2° causes

TARGETS

< 80 yr $135/85$
 > 80 yr $145/85$
Diabetic $130/80$

A or C
A + C
A + C + D
Alpha
Beta
Spilo