

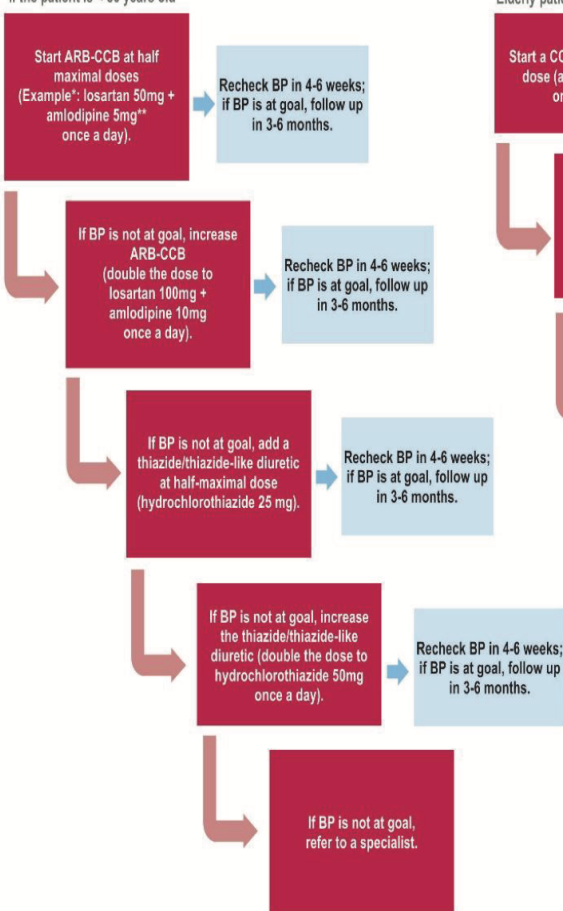
Simple Protocol for Hypertension Management



Ministry Of Health

Algorithm 1

If the patient is < 80 years old



NOTE: Monitor potassium and kidney function when starting or changing the dose of ACEI/ARB or thiazide/thiazide-like diuretic if testing is readily available and does not delay treatment.

This protocol is contraindicated for women who are or could become pregnant.

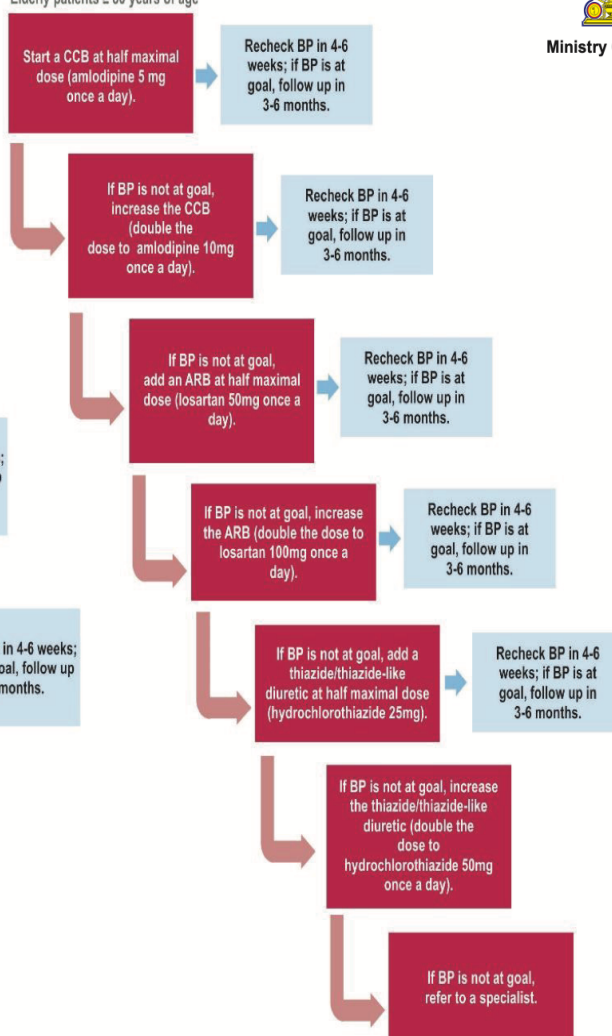
Neither an ACEI or ARB should be given to pregnant women.

* The medications mentioned serve as examples and can be replaced with any two medications from any of the three drug classes (ACEIs/ARBs, CCBs or thiazide/thiazide-like diuretics). Start two individual pills or if available, both in a single-pill combination (fixed-dose combination)

** Can be replaced with other individual pills or, if available, other single-pill combinations (fixed-dose combinations).

Algorithm 2

Elderly patients ≥ 80 years of age



NOTE: Monitor potassium and kidney function when starting or changing doses of ACEI/ARB or thiazide/thiazide-like diuretic, if testing readily available and does not delay treatment.

This protocol is contraindicated for women who are or could become pregnant. Neither an ACEI or ARB should be given to pregnant women.

* Can be replaced with a thiazide/thiazide-like diuretic or an ACEI or ARB. An ACEI or ARB is preferred for patients with proteinuria.

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National Guideline for Management of Hypertension for Primary Health Care providers.
Ministry of Health, Sri Lanka. 2021

https://www.ncd.health.gov.lk/images/pdf/Guidelines/National_Guideline_for_Management_of_Hypertension_for_primary_Health_care.pdf