

Stepped Care Approach for the Management Of GRADE 2 Hypertension in Adults ≥ 18 years without Comorbidities

GRADE 2 HYPERTENSION
>160/100mmHg
Without Comorbidities

STEP 1: Prescribe 1st drug combination

CCB + THIAZIDE OR ACEI/ARB
Amlodipine 5mg OD/Nifedipine 20mg SR OD

Hydrochlorothiazide 12.5 mg OD
OR
Chlorthalidone 12.5mg OD

**PLUS
EITHER**

Lisinopril 10mg OD
OR
Losartan 25mg OD
OR
Enalapril 5mg BD

STEP 2: Increase doses gradually

One

AFTER TWO MONTH If SBP ≥ 140

One

AFTER TWO MONTH If SBP ≥ 140

Double the doses one drug at a time with a month in-between each change
Check that the patient is adhering to the prescribed drugs and doses

STEP 3: Add 3rd complementary drug

One

AFTER TWO MONTHS IF SBP ≥ 140

ADD A THIRD AGENT CCB + ACEI/ARB + THIAZIDE
Amlodipine 5mg OD/Nifedipine 20mg SR OD
PLUS
Lisinopril 20mg OD/Losartan 25mg OD/Enalapril 5mg BD
PLUS Hydrochlorothiazide 12.5 mg OD/Chlorthalidone 12.5mg OD

STEP 4: Increase 3rd dose

If STILL SBP ≥ 140 After one month

Double the Thiazide

STEP 5: REFER TO/ CONSULT WITH SPECIALIST

If STILL SBP ≥ 140 AFTER ONE MONTH

CONSULT/REFER

Repeat Renal function tests at every visit OR at shorter intervals where indicated

Where single formulation Hydrochlorothiazide 12.5mg Hydrochlorothiazide-amiloride can be used in its place as 1 tab