

Hypertension diagnosis
(see detail document)

Non-diabetic

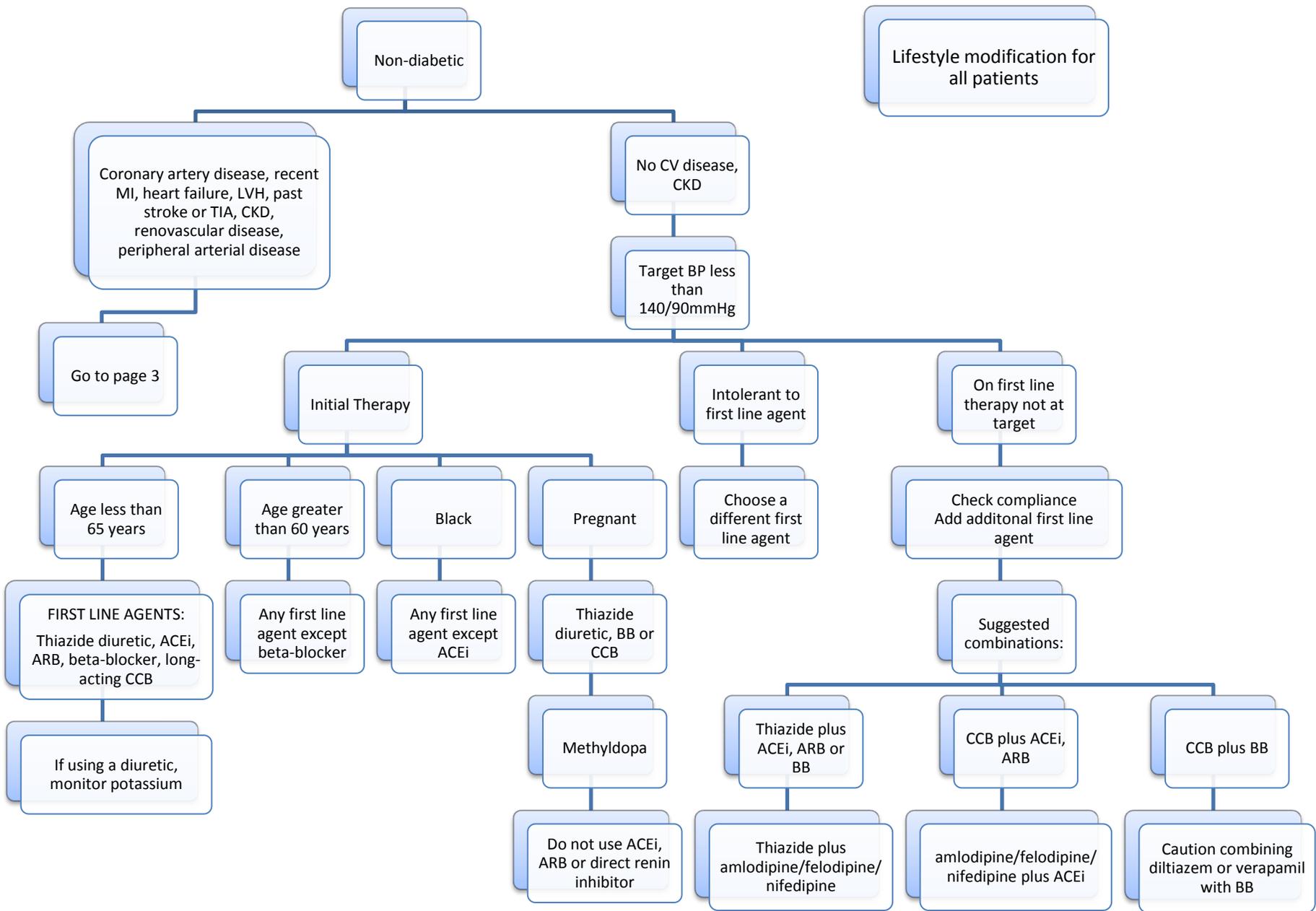
Diabetic

Very elderly
(older than 80 years)

Target less than
140/90mmHg

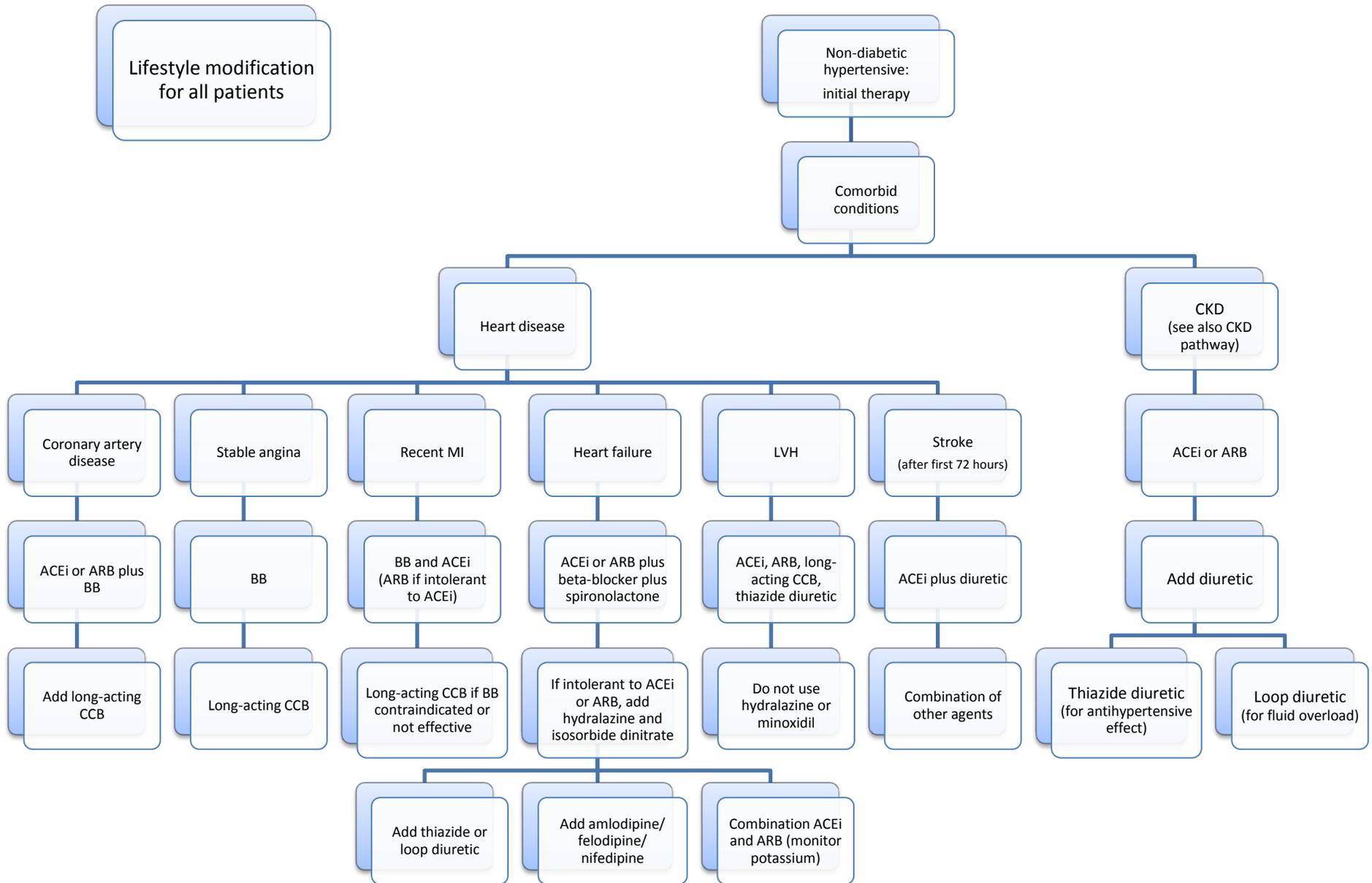
Target less than
130/80mmHg

Consider SBP target less
than 150mmHg

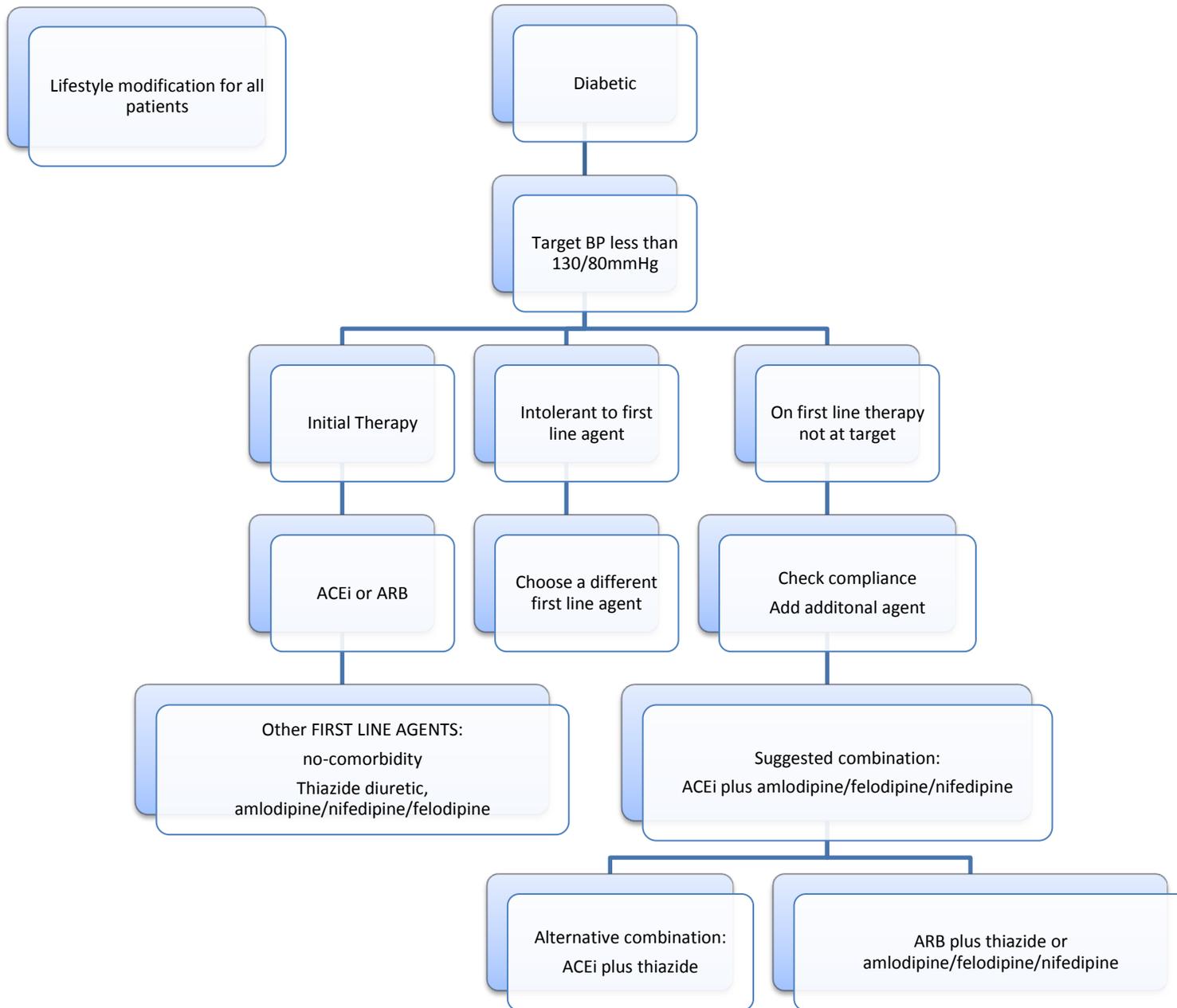


Lifestyle modification for all patients

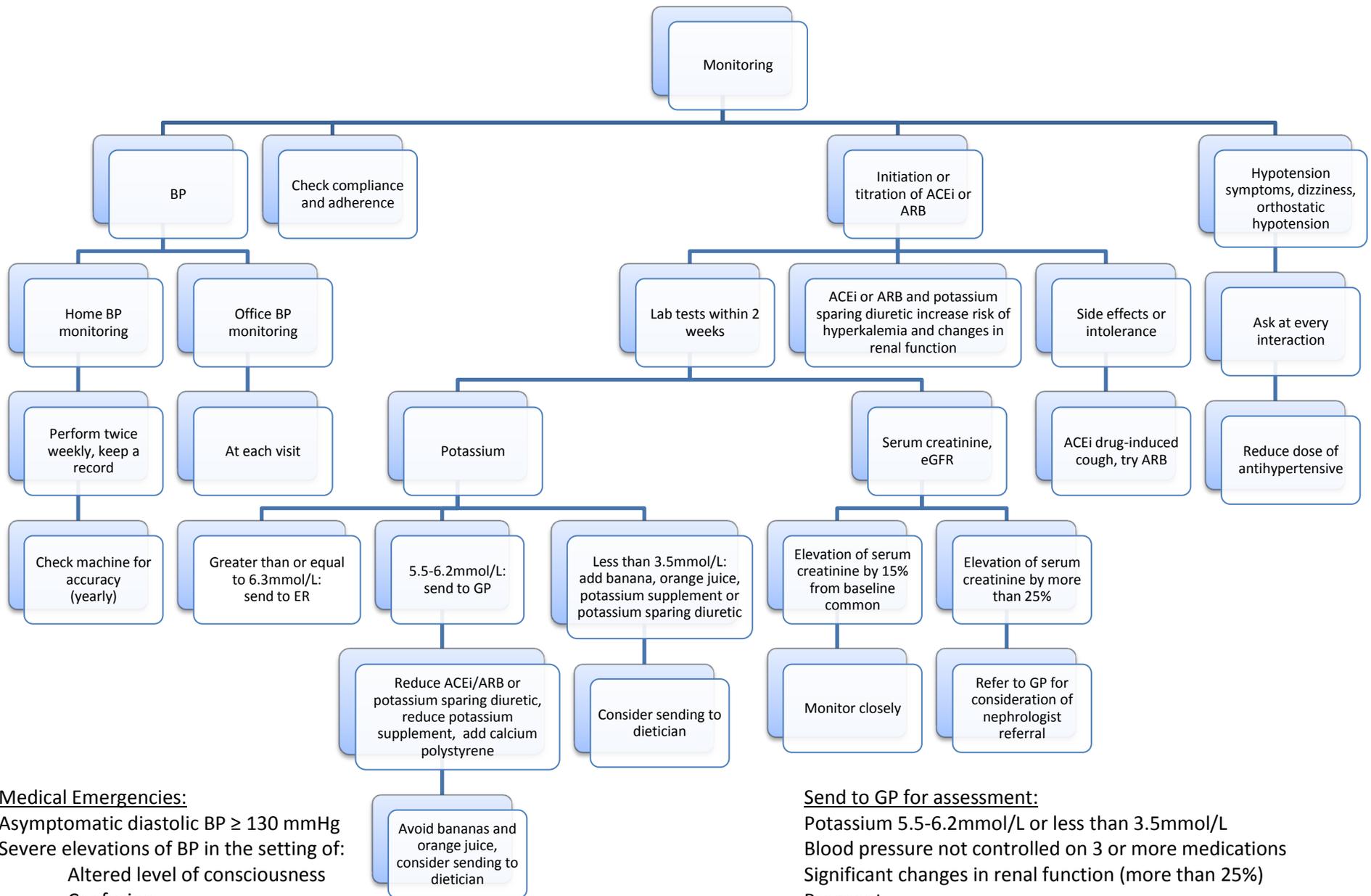
Note: Combination of an ACEi and ARB is not recommended



Notes: Combination ACEi and ARB is no longer recommended except in heart failure



Notes: Combination of ACEi and ARB is not recommended; caution using BB in diabetics since it can mask some symptoms of hypoglycemia



Medical Emergencies:

- Asymptomatic diastolic BP \geq 130 mmHg
- Severe elevations of BP in the setting of:
 - Altered level of consciousness
 - Confusion
 - Chest pain
 - Signs and symptoms of stroke
- Potassium greater than 6.3mmol/L

Send to GP for assessment:

- Potassium 5.5-6.2mmol/L or less than 3.5mmol/L
- Blood pressure not controlled on 3 or more medications
- Significant changes in renal function (more than 25%)
- Pregnant
- Presence of albuminuria with ACR greater than 30mg/mmol