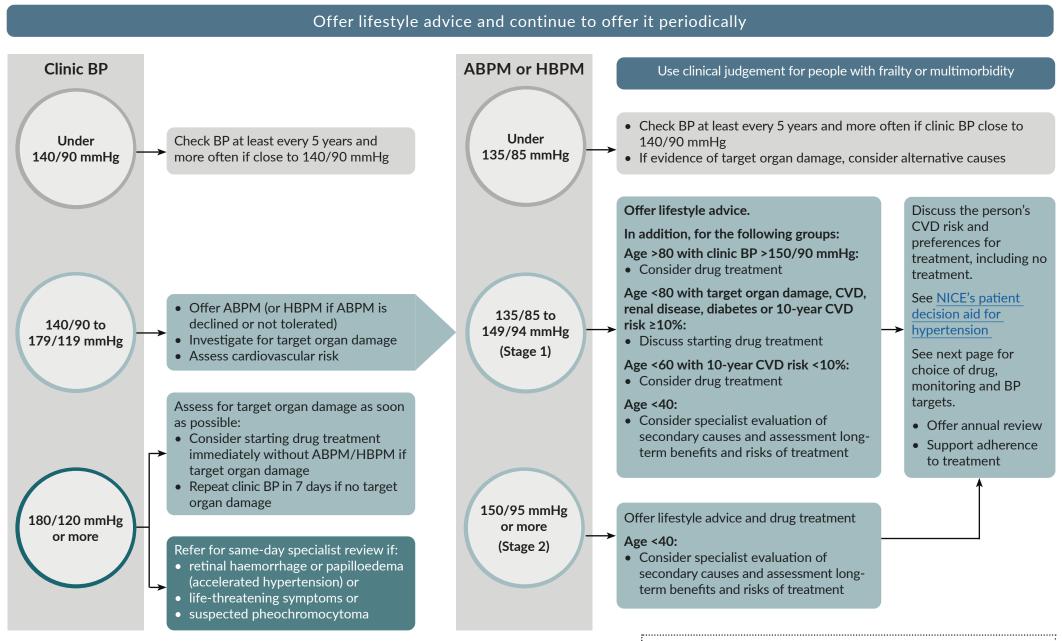
# Hypertension in adults: diagnosis and treatment

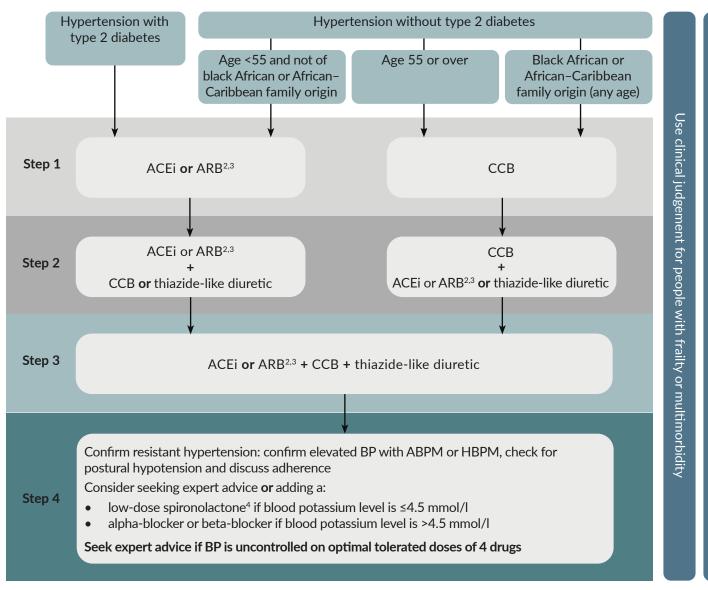
#### **NICE** National Institute for Health and Care Excellence



Abbreviations: ABPM, ambulatory blood pressure monitoring; BP, blood pressure; CVD, cardiovascular disease; HBPM, home blood pressure monitoring.

This is a summary of the recommendations on diagnosis and treatment from NICE's guideline on hypertension in adults. See the original guidance at <a href="http://www.nice.org.uk/guidance/NG136">www.nice.org.uk/guidance/NG136</a>

# Choice of antihypertensive drug<sup>1</sup>, monitoring treatment and BP targets



<sup>1</sup> For women considering pregnancy or who are pregnant or breastfeeding, see NICE's guideline on <u>hypertension in pregnancy</u>. For people with chronic kidney disease, see NICE's guideline on <u>chronic kidney disease</u>. For people with heart failure, see NICE's guideline on <u>chronic heart failure</u>

<sup>2</sup>See MHRA drug safety updates on <u>ACE inhibitors and angiotensin-II receptor antagonists: not for use in pregnancy</u>, which states 'Use in women who are planning pregnancy should be avoided unless absolutely necessary, in which case the potential risks and benefits should be discussed', <u>ACE inhibitors and angiotensin II receptor antagonists: use</u> during breastfeeding and clarification: ACE inhibitors and angiotensin II receptor antagonists. See also NICE's guideline on hypertension in pregnancy.

<sup>3</sup>Consider an ARB, in preference to an ACE inhibitor in adults of African and Caribbean family origin.

<sup>4</sup>At the time of publication (August 2019), not all preparations of spironolactone have a UK marketing authorisation for this indication.

Abbreviations: ABPM, ambulatory blood pressure monitoring; ACEi, ACE inhibitor; ARB, angiotensin-II receptor blocker; BP, blood pressure; CCB, calcium-channel blocker; HBPM, home blood pressure monitoring.

## Monitoring treatment

Use clinic BP to monitor treatment.

Measure standing and sitting BP in people with:

- type 2 diabetes or
- symptoms of postural hypotension or
- aged 80 and over.

Advise people who want to self-monitor to use HBPM. Provide training and advice.

Consider ABPM or HBPM, in addition to clinic BP, for people with white-coat effect or masked hypertension.

## **BP** targets

Offer lifestyle advice and continue to offer it periodically

Reduce and maintain BP to the following targets:

#### Age <80 years:

- Clinic BP <140/90 mmHg
- ABPM/HBPM <135/85 mmHg

### Age ≥80 years:

- Clinic BP <150/90 mmHg
- ABPM/HBPM <145/85 mmHg

### Postural hypotension:

• Base target on standing BP

## Frailty or multimorbidity:

• Use clinical judgement



This visual summary builds on and updates previous work on treatment published by the BIHS (formerly BHS)

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