

The East Quay Group Standing Instruction	
Type of Instruction	Clinical
Date Issued	10/10/20
Replaces Instruction Number/Date	28.6.16
Instruction No	Hypertension
Issued to	All EQMC clinicians

Hypertension - Diagnosis and Management Guidelines 2020

Admin protocol

There are 3 reasons you may receive a home BP sheet- either for ongoing monitoring of blood pressure or for a new diagnosis of hypertension. The 3rd reason may be because of part of their diabetes review. If someone is already coded as essential hypertension- just leave the code and follow the pathway for ongoing monitoring. The code only ever needs changing if they have moved up from stage 1 to 2.

The admin process-

- Home BP sheet received-
- Disregard the first day and calculate average of the rest.
- Is the patient diabetic?
- Is this for ongoing BP monitoring or new diagnosis?

Diabetic

Home BP >130/85? Yes- task to long term condition nurses
No- code and no further action

New diagnosis?

HOME BP<135/85

Normal- no code needed

Send letter stating BP normal and we should recheck at 2 years.

HOME BP 135-149/85-94

Code Stage 1 HT

Code Target BP

Arrange appt HCA for tests and a GP appointment thereafter

Tests-

- Urine dip and ACR
- ECG
- U&E, HbA1c, urate, LFT , lipids

HOME BP≥150/95

Code Stage 2 HT(G28)

Code Target BP

Arrange appt HCA for tests and a GP appointment thereafter

Ongoing monitoring

Calculate average

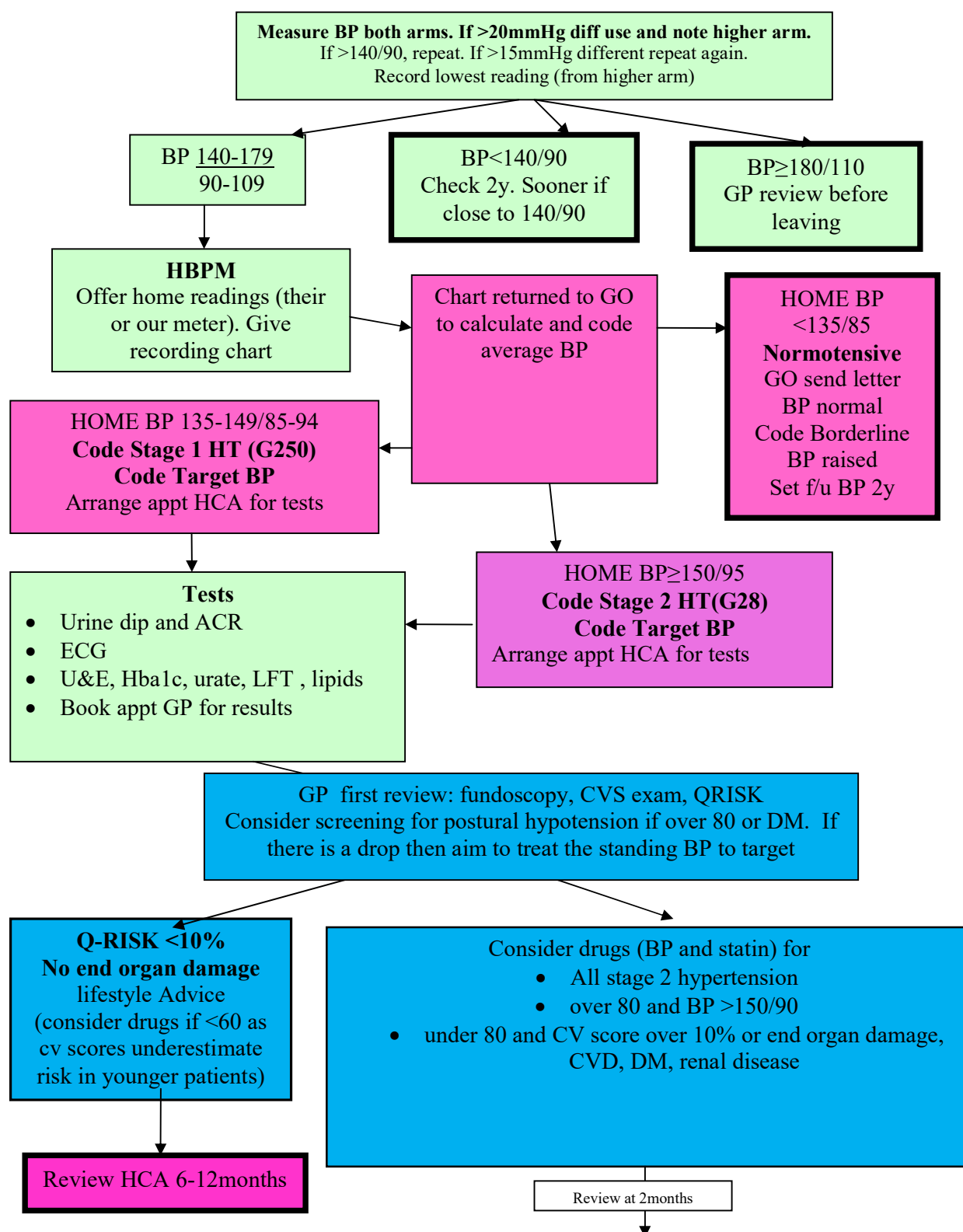
Is it to target (<135/85 if under 80 and 145/85 if over 80, diabetic- see above)?

Yes- record and no further action needed

No- scan and send task to GP for action

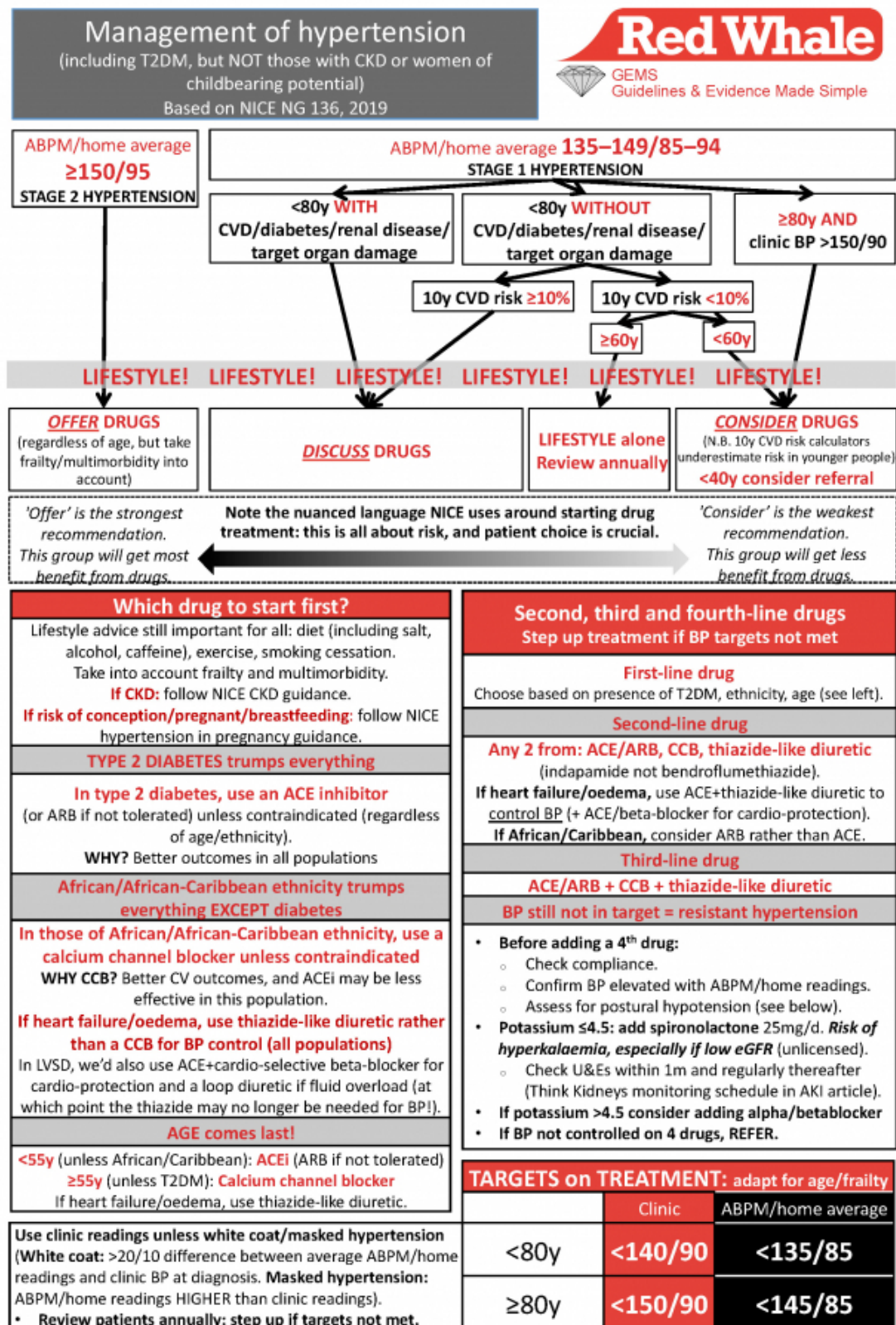
October 2020 – Review 2022

Clinician pathway



Management-

See red whale recommendations. Review each step at 2 months.



Drug therapy

- Note losartan and CCBs reduce urate, may be relevant for gout
- Review BP and step up every two months
- Caution of spironolactone plus ACE= hyperkalaemia
- There is a risk of hyperkalaemia if trimethoprim is used with spironolactone

BP targets

- Clinic readings <80y = 140/90; >80y = 150/90
- Home <80y = 135/85; >80y = 145/85

Notes

If side effects on ramipril, try losartan

