



Hypertension



The University of Zambia
School of Public Health ◦ Family Medicine MMed Program

USPSTF/JNC 8 Evidence-based Guidelines

Goals:

<140/90

- ✓ Age: < 60 yo
- ✓ Diabetes
- ✓ Chronic Kidney Disease

<150/90

- ✓ Age ≥60 yo

First Line Medications:

- ✓ Thiazide
- ✓ ACE
- ✓ ARB
- ✓ CCB



If indicated:

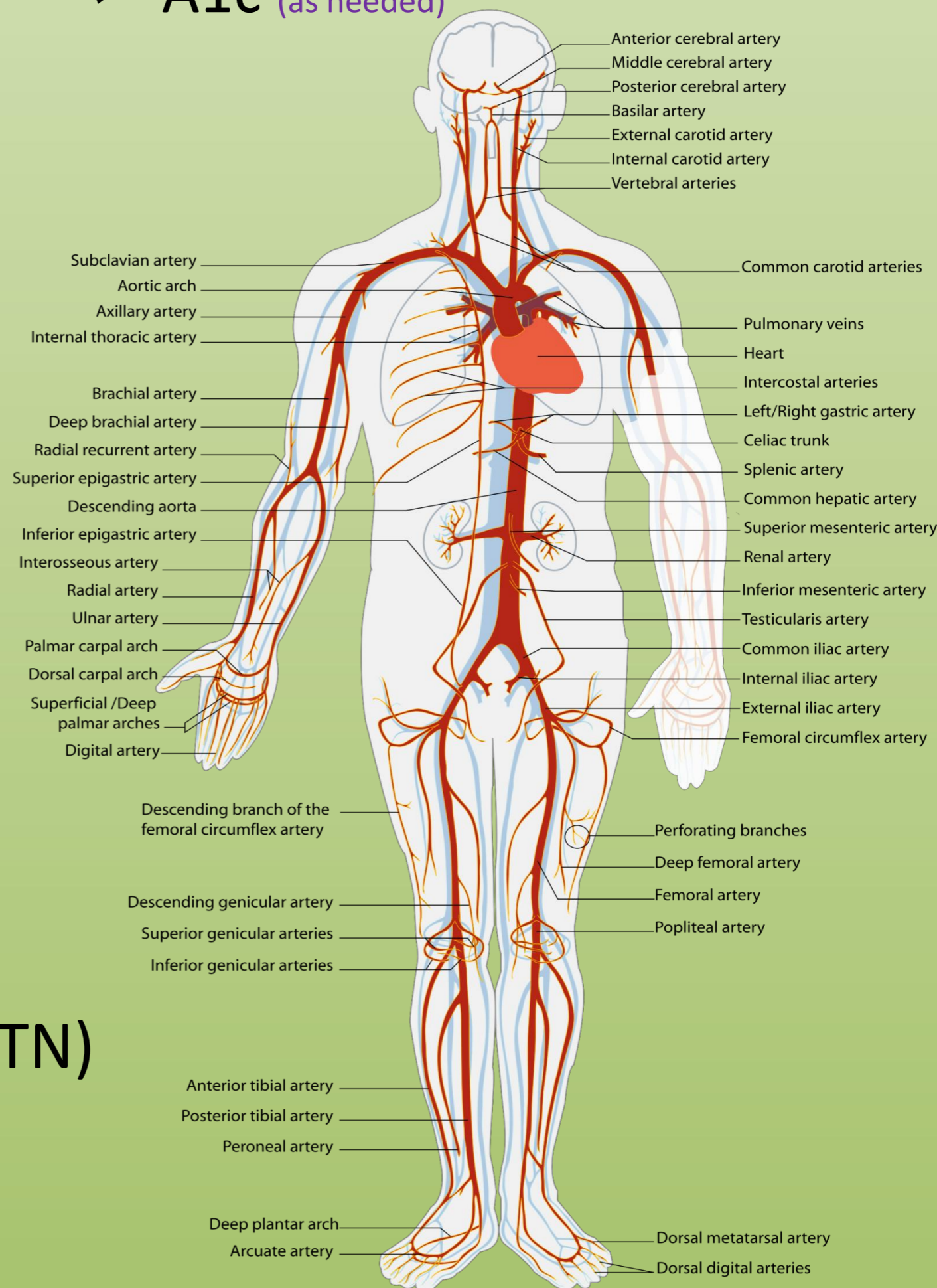
- ✓ Beta blocker (CAD, CCF, tremor)
- ✓ Furosemide (CCF, Edema)
- ✓ Spironolactone (CCF, resistant HTN)
- ✓ Alpha-blocker (BPH)

Counseling:

- DASH DIET & salt restriction · · 11.5 mmHg
- Exercise · · · · · 4 - 9 mmHg
- Weight loss per kilo · · · · 1 - 2 mmHg
- Alcohol · · · · · 2 - 4 mmHg
- Smoking · · · · · Decrease MI risk (5x)

Labs:

- ✓ Renal function (yearly)
- ✓ Urine protein (yearly)
- ✓ Lipid panel (q5 years if not on statin)
- ✓ A1c (as needed)



SCAN ME