Detection of BP ≥ 140/90 (during another office visit or out-of-the-office method\(a\))

Office visit = Assess BP

- MOBP ≤ 140/90, AOBP ≤ 135/85
  - Not hypertensive = Reassess as indicated (age, risk)
- MOBP > 140/90, AOBP > 135/85
  - Investigations & work-up to assess for target organ damage and CVD risk assessment

DBP > 130 or BP > 180/110 with sign/symptoms\(b\)

IMMEDIATE TREATMENT

Consider 24-hour ambulatory or home BP monitoring, if appropriate.

- ABPM (mean 24-hour) 130/80 = 140/90 MOBP
- ABPM (mean awake) 135/85 = 140/90 MOBP
- HBPM 135/85 = 140/90 MOBP

Office visit = Assess HTN

- MOBP ≤ 140/90, AOBP, ABPM, HBPM ≤ 135/85
  - Not hypertensive = Reassess as indicated (age, risk)
  - No co-morbidities OR low-risk for CVD
- MOBP > 140/90, AOBP, ABPM, HBPM > 135/85
  - Dx of mild HTN (Stage 1)
  - 1+ co-morbidities OR high-risk for CVD

Lifestyle management

- Conduct a patient-specific discussion to decide upon desirable BP readings.

Office visit #3 = Follow-up

Desirable BP achieved

Office visits = Ongoing care, as required

Pharmacologic management (first-line) & Lifestyle management

- Conduct a patient-specific discussion to decide upon desirable BP readings.
- Instigate pharmaceutical management in context of the patient's overall CVD risk.

Office visit = Follow-up

Desirable BP achieved

Office visits = Ongoing care, as required

Pharmacologic management (second-line)

Office visit = Follow-up

Desirable BP achieved

Office visits = Ongoing care, as required

Pharmacologic management (third-line)

Office visit = Follow-up

Desirable BP achieved

Office visits = Ongoing care, as required

Resistant HTN = Seek specialist consultation

Desirable BP not achieved

Office visits = Ongoing care, as required

Abbreviations: AOBP = automatic office blood pressure; ABPM = ambulatory blood pressure monitoring; BP = blood pressure; CVD = cardiovascular disease; DBP = diastolic blood pressure; Dx = diagnosis; HBPM = home blood pressure monitoring; HTN = hypertension; MOBP = manual office blood pressure.

Footnote: \(a\) Out-of-office method may include automated BP machines at pharmacies or grocery stores. \(b\) Sign/symptoms may include papilloedema and retinal hemorrhage.