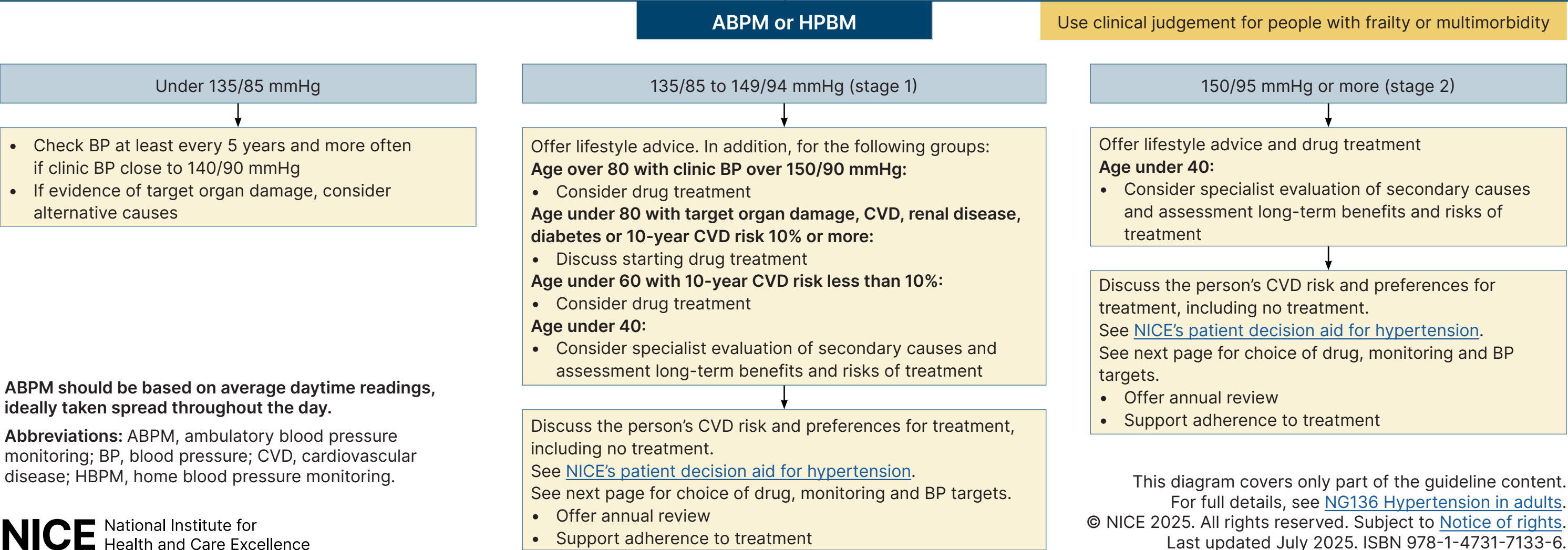
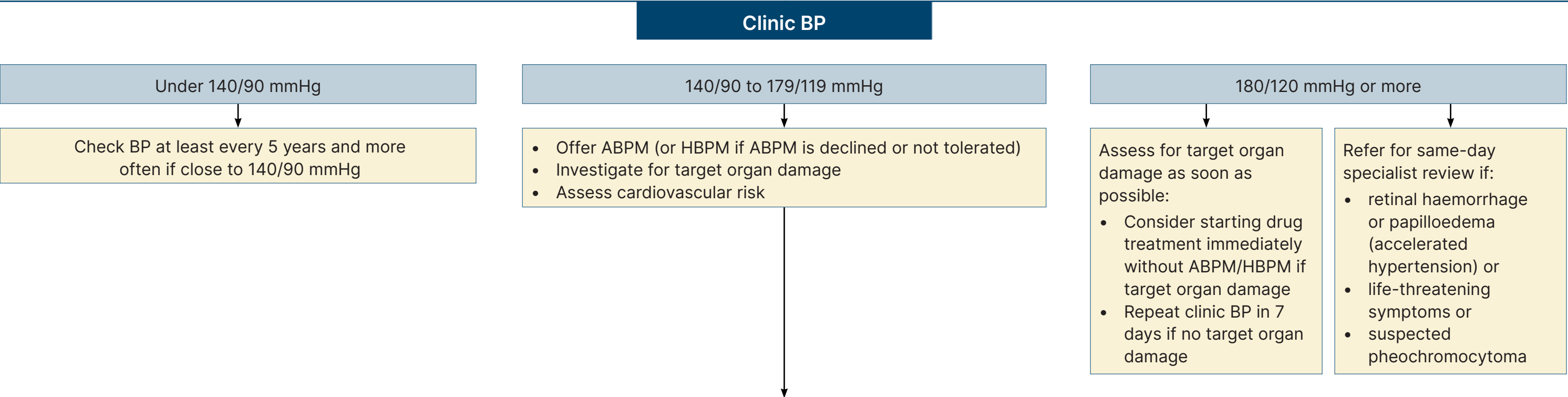
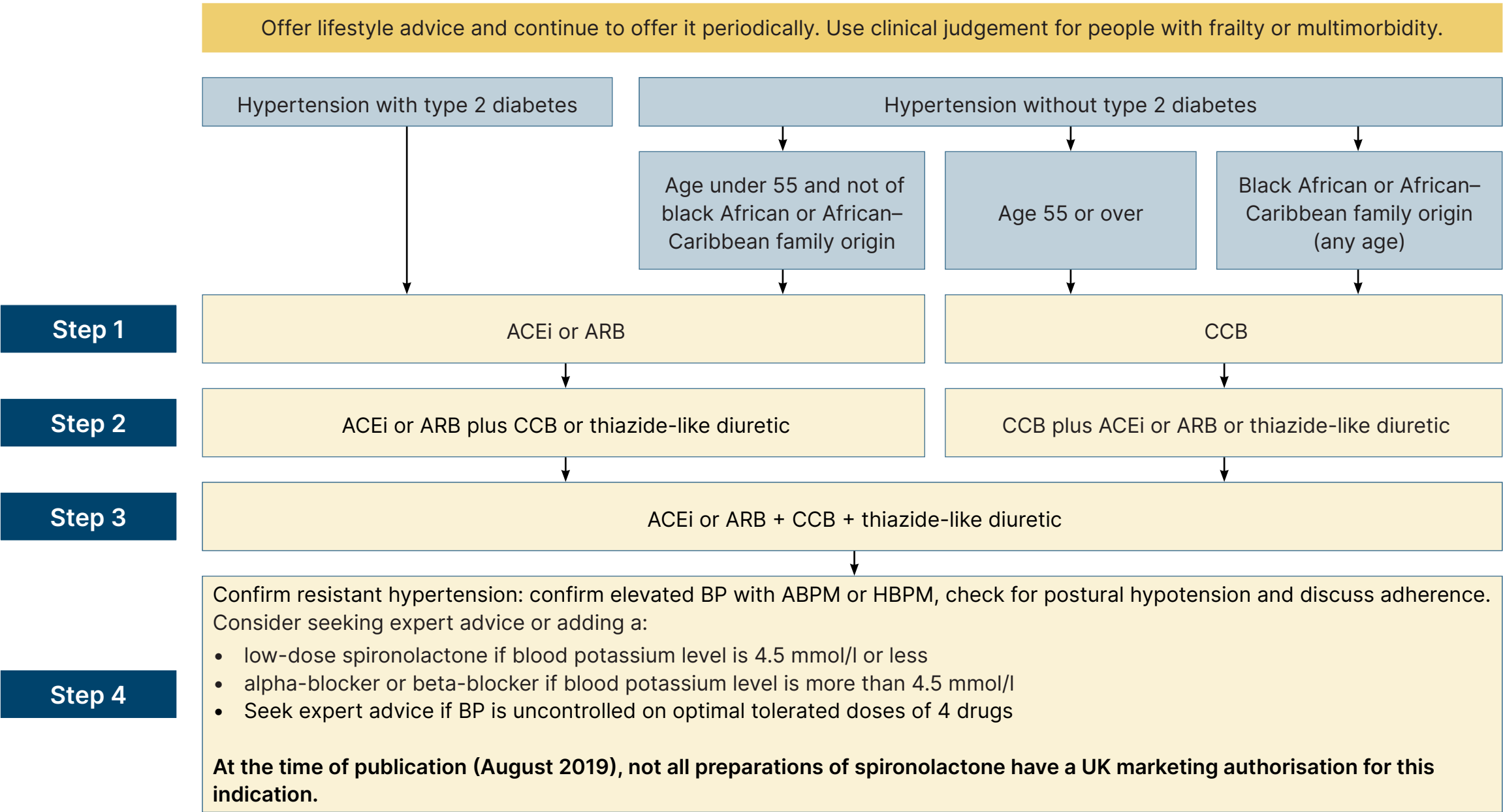


Hypertension in adults: diagnosis and treatment

Offer lifestyle advice and continue to offer it periodically



Choice of antihypertensive drug, monitoring treatment and BP targets



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

Reduce and maintain BP to the following targets:

Age under 80 years:

- Clinic BP less than 140/90 mmHg
- ABPM/HBPM less than 135/85 mmHg

Age 80 years and over:

- Clinic BP less than 150/90 mmHg
- ABPM/HBPM less than 145/85 mmHg

Postural hypotension:

- Base target on standing BP

Frailty or multimorbidity:

- Use clinical judgement

The advice in this diagram applies to people with hypertension with or without type 2 diabetes. For guidance on choosing antihypertensive drug treatments in people with type 1 diabetes, see the [section on control of cardiovascular risk in NICE's guideline on type 1 diabetes](#).

For women considering pregnancy or who are pregnant or breastfeeding, see [NICE's guideline on hypertension in pregnancy](#). For people with chronic kidney disease, see [NICE's guideline on chronic kidney disease](#). For people with heart failure, see [NICE's guideline on chronic heart failure](#).

ACEi or ARB: See MHRA drug safety updates on [ACE inhibitors and ARBs: not for use in pregnancy](#), 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', as well as [ACE inhibitors and angiotensin II receptor antagonists: use during breastfeeding](#) and [clarification: ACE inhibitors and angiotensin II receptor antagonists](#). Consider an ARB, in preference to an ACE inhibitor, in adults of African and Caribbean family origin.

ABPM should be based on average daytime readings, ideally taken spread throughout the day.

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.



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