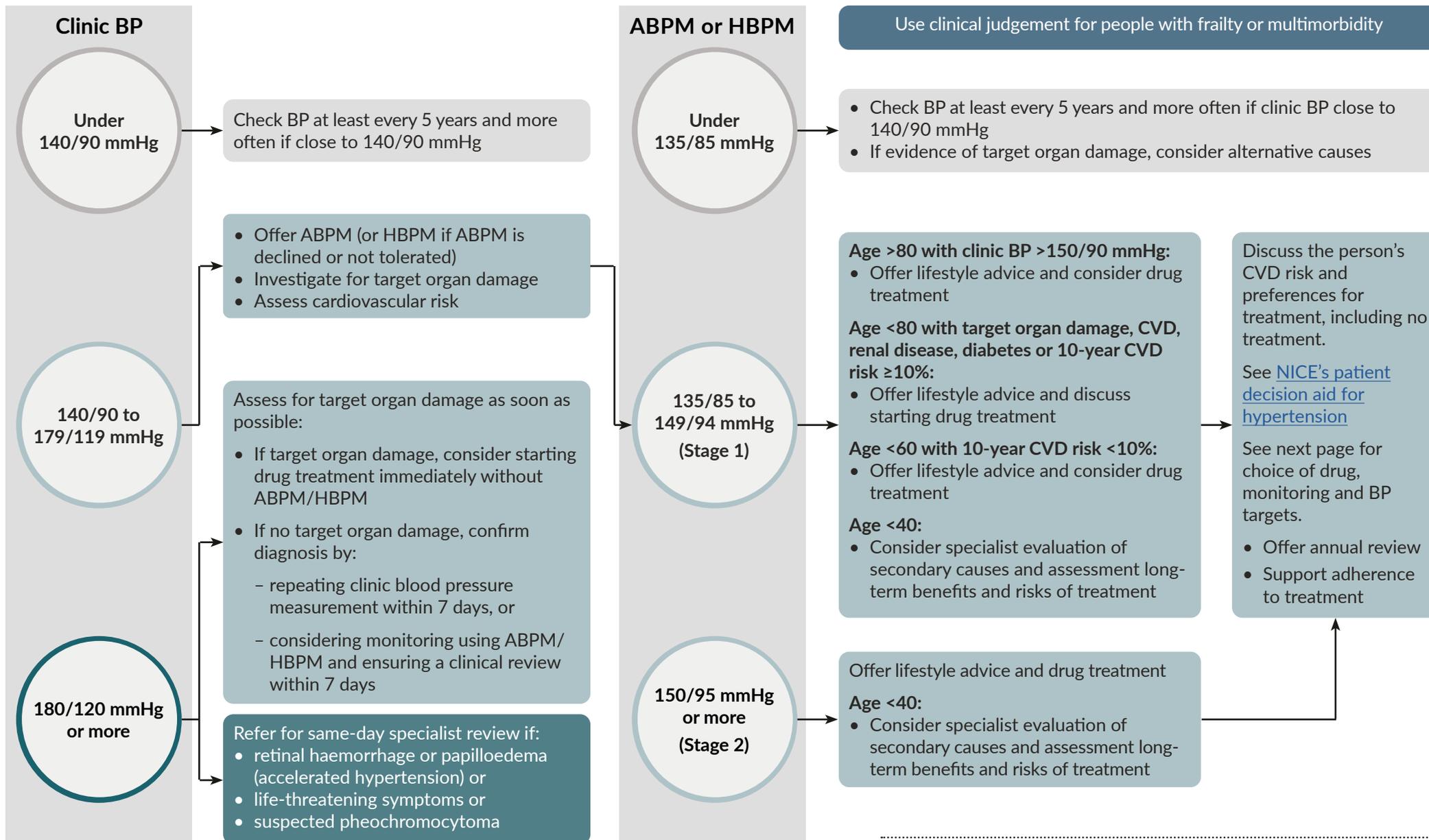
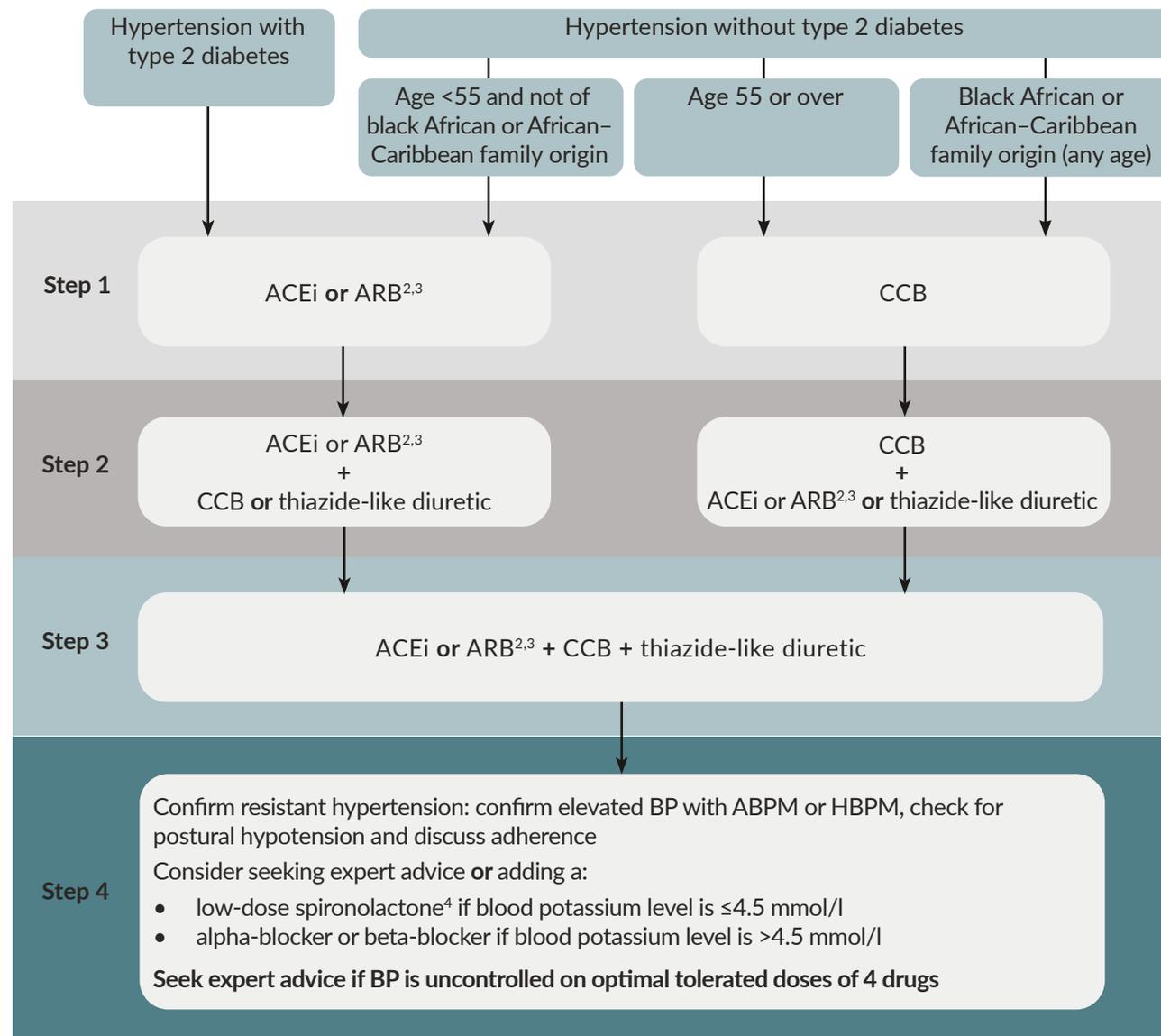


Offer lifestyle advice and continue to offer it periodically



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



Use clinical judgement for people with frailty or multimorbidity

Offer lifestyle advice and continue to offer it periodically

### 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 <80 years:**

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

**Age  $\geq 80$  years:**

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

**Postural hypotension:**

- Base target on standing BP

**Frailty or multimorbidity:**

- Use clinical judgement

<sup>1</sup>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](#).

<sup>2</sup>See MHRA drug safety updates on [ACE inhibitors and angiotensin-II receptor antagonists: 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', [ACE inhibitors and angiotensin II receptor antagonists: use 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.



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