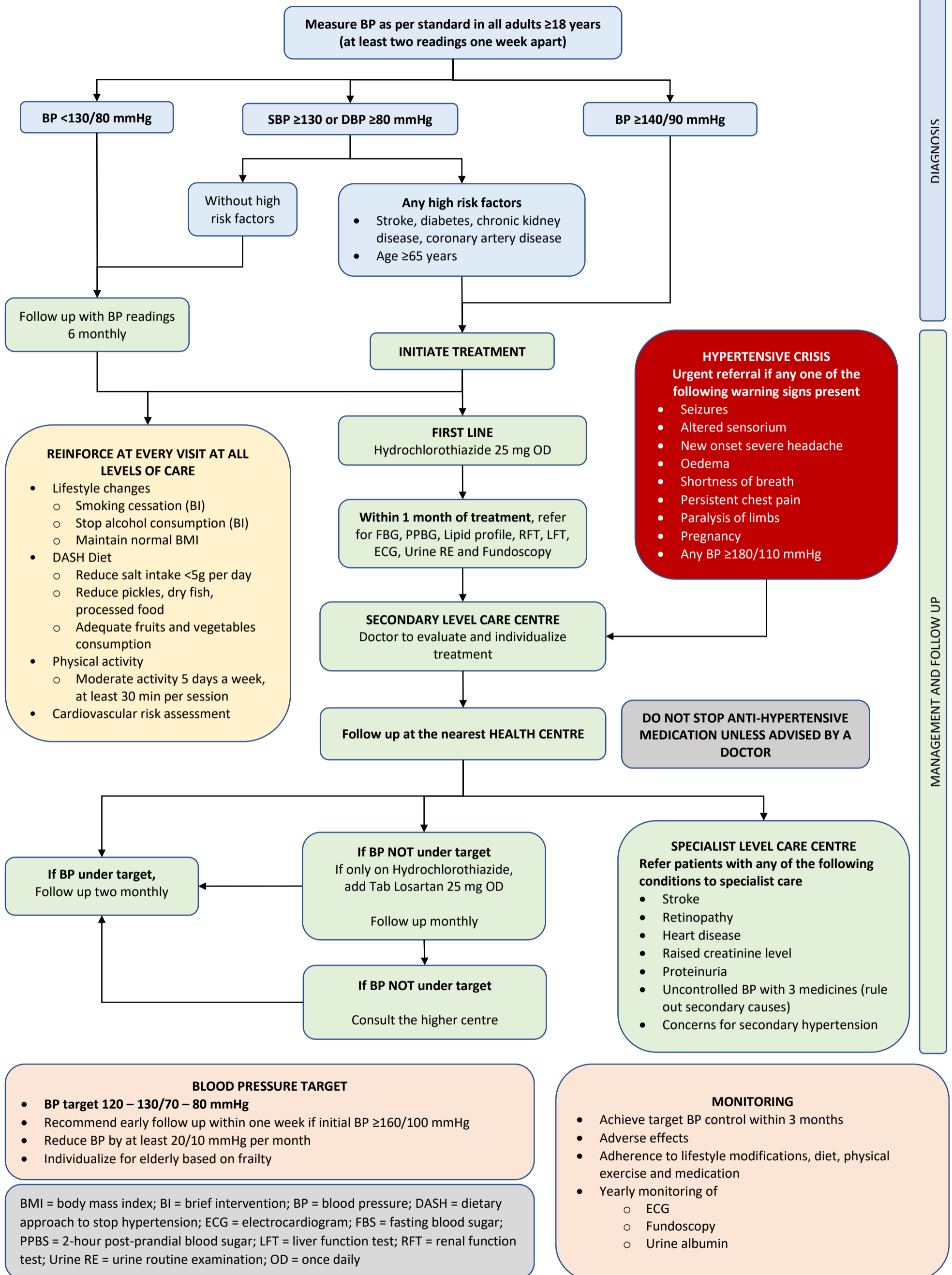


HYPERTENSION SCREENING & MANAGEMENT PROTOCOL, V3.5 (15 JANUARY 2025)



DIAGNOSIS

MANAGEMENT AND FOLLOW UP

BLOOD PRESSURE TARGET

- BP target 120 – 130/70 – 80 mmHg
- Recommend early follow up within one week if initial BP ≥160/100 mmHg
- Reduce BP by at least 20/10 mmHg per month
- Individualize for elderly based on frailty

BMI = body mass index; BI = brief intervention; BP = blood pressure; DASH = dietary approach to stop hypertension; ECG = electrocardiogram; FBS = fasting blood sugar; PPBS = 2-hour post-prandial blood sugar; LFT = liver function test; RFT = renal function test; Urine RE = urine routine examination; OD = once daily

MONITORING

- Achieve target BP control within 3 months
- Adverse effects
- Adherence to lifestyle modifications, diet, physical exercise and medication
- Yearly monitoring of
 - ECG
 - Fundoscopy
 - Urine albumin