Hypertension with type 2 diabetes

Hypertension without type 2 diabetes

Age <55 and not of black African or African–Caribbean family origin

Age 55 or over

Black African or African–Caribbean family origin (any age)

Step 1

ACEi or ARB

CCB

Step 2

ACEi or ARB + CCB or thiazide-like diuretic

ACEi or ARB + CCB or thiazide-like diuretic

Step 3

ACEi or ARB + CCB + thiazide-like diuretic

Step 4

Confirm resistant hypertension: confirm elevated BP with ABPM or HBPM, check for postural hypertension and discuss adherence

Consider seeking expert advice or adding a:

- low-dose spironolactone if blood potassium level is ≤4.5 mmol/l
- alpha-blocker or beta-blocker if blood potassium level is >4.5 mmol/l

Seek expert advice if BP is uncontrolled on optimal tolerated doses of 4 drugs

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 ≥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

[Step 1] 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.

[Step 2] Black African or African–Caribbean family origin (any age)

[Step 3] 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.


[Step 5] At the time of publication (August 2019), not all preparations of spironolactone have a UK marketing authorisation for this indication.

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.