This is a summary of the recommendations on diagnosis and treatment from NICE's guideline on hypertension in adults. See the original guidance at www.nice.org.uk/guidance/NG136

**Offer lifestyle advice and continue to offer it periodically**

- **Clinic BP**
  - **Under 140/90 mmHg**
    - Check BP at least every 5 years and more often if close to 140/90 mmHg
  - **140/90 to 179/119 mmHg**
    - Offer ABPM (or HBPM if ABPM is declined or not tolerated)
    - Investigate for target organ damage
    - Assess cardiovascular risk
  - **180/120 mmHg or more**
    - Assess for target organ damage as soon as possible:
      - Consider starting drug treatment immediately without ABPM/HBPM if target organ damage
      - Repeat clinic BP in 7 days if no target organ damage
    - Refer for same-day specialist review if:
      - retinal haemorrhage or papilloedema (accelerated hypertension) or
      - life-threatening symptoms or
      - suspected pheochromocytoma
- **ABPM or HBPM**
  - **Under 135/85 mmHg**
  - **135/85 to 149/94 mmHg (Stage 1)**
  - **150/95 mmHg or more (Stage 2)**
    - Use clinical judgement for people with frailty or multimorbidity
      - Check BP at least every 5 years and more often if clinic BP close to 140/90 mmHg
      - If evidence of target organ damage, consider alternative causes
    - **Age >80 with clinic BP >150/90 mmHg:**
      - Offer lifestyle advice and consider drug treatment
    - **Age <80 with target organ damage, CVD, renal disease, diabetes or 10-year CVD risk ≥10%:**
      - Offer lifestyle advice and discuss starting drug treatment
    - **Age <60 with 10-year CVD risk <10%:**
      - Offer lifestyle advice and consider drug treatment
    - **Age <40:**
      - Consider specialist evaluation of secondary causes and assessment long-term benefits and risks of treatment

- **Discuss the person’s CVD risk and preferences for treatment, including no treatment.**
  - See NICE's patient decision aid for hypertension
  - See algorithm 2 for choice of drug, monitoring and BP targets.
  - Offer annual review
  - Support adherence to treatment

**ABPM=ambulatory blood pressure monitoring; BP=blood pressure; CVD=cardiovascular disease; HBPM=home blood pressure monitoring.**