

Hypertension Drug Use Algorithm

Initial medication regimen

Bendroflumethiazide 5mg daily
Follow-up in **4 weeks**



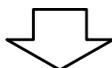
Target BP not achieved?

Increase
Bendroflumethiazide 10mg
Follow-up in **4 weeks**



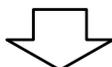
Target BP not achieved?

**Bendroflumethiazide 10 mg +
Nifedipine 20 mg BID**
Follow-up in **4 weeks**



Target BP not achieved?

**Bendroflumethiazide 10 mg
+ Nifedipine 20 mg BID +
Add Captopril 25 mg BID**
Follow-up in **4 weeks**



**Call ART Coordinator
or
Refer patient to the hospital**

BP GOALS
Age <60 or TOD: SBP <140 and DBP <90
Age ≥60: SBP <150 and DBP <90

TARGET BP ACHIEVED?
Prescribe same treatment and follow up every 3 months

Measure BP & weight at each visit
Medication Adherence:
Always check for drug adherence **at each visit**. Ask whether patient has **taken medication on each of the last three days**. Provide **counseling** if patient has **missed any dose** in the last three days.

Lifestyle and Behavior
Review life style and Behavior. Provide Counseling if still present

Medication Tolerability:
If patient is having **side effects**, change to another medication. Alternatively, call ART coordinator or refer patient to hospital

Key
 BID-Twice a day; SB -Systolic; DBP-Diastolic BP;
 TOD-target organ damage (Heart failure, kidney failure, stroke, myocardial infarction etc)