Clinical Management of Primary Hypertension in Adults
(for pregnancy and breastfeeding see CG107*)

Aged under 55 years

Aged over 55 years or black person of African or Caribbean family origin of any age

**Key**

A - ACE Inhibitor WECCG 1st Line Ramipril
OR if ACE is not tolerated; consider angiotensin II receptor blocker WECCG 1st line Losartan.

C - Calcium Channel Blocker WECCG 1st line Amlodipine (CCB)¹
If CCB is not tolerated or person has oedema, evidence of heart failure or a high risk of heart failure, consider D.

D - Thiazide -like diuretic WECCG 1st Line Indapamide 2.5mg tablets
• for black people of African or Caribbean family origin, consider an ARB in preference to an ACE inhibitor, in combination with a CCB.

**ADVICE FOR PATIENTS**

Empower patients to take home readings and use these results as part of their review.

**Management also includes:**
1. Reinforcing lifestyle advice e.g. diet, exercise, salt intake, alcohol consumption.
2. Monitoring response to treatment. Target clinic BPs: aged < 80 years: BP <140/90mmHg; aged ≥80 years: BP <150/90mmHg.
3. Checking renal function annually.

**RESISTANT HYPERTENSION – SEEK SPECIALIST ADVICE**

**References**

4 NICE CKS Summaries - [http://cks.nice.org.uk/hypertension-not-diabetic#prescribinginfo](http://cks.nice.org.uk/hypertension-not-diabetic#prescribinginfo)
6 NHS Evidence - [https://www.evidence.nhs.uk/topic/hypertension](https://www.evidence.nhs.uk/topic/hypertension)

Produced by: Hinal Patel – Prescribing Support Pharmacist (WECCG)  Date Produced – March 2014  Updated – March 2017  Review Date – March 2019