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**
  - 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**
  - If evidence of target organ damage, consider alternative causes

- **135/85 to 149/94 mmHg (Stage 1)**
  - Offer ABPM (or HBPM if ABPM is declined or not tolerated)
  - Investigate for target organ damage
  - Assess cardiovascular risk

- **150/95 mmHg or more (Stage 2)**
  - Consider specialist evaluation of secondary causes and assessment long-term benefits and risks of treatment

**Use clinical judgement for people with frailty or multimorbidity**

- **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 <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 next page for choice of drug, monitoring and BP targets.

Offer lifestyle advice and drug treatment

**Age <40:**

Offer annual review

Support adherence to treatment

Offer lifestyle advice and drug treatment

**Age <40:**

Consider specialist evaluation of secondary causes and assessment long-term benefits and risks of treatment

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](http://www.nice.org.uk/guidance/NG136).

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