**Classification of Blood Pressure (BP)***

<table>
<thead>
<tr>
<th>Category</th>
<th>SBP mmHg</th>
<th>DBP mmHg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt;120</td>
<td>&lt;80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120-139</td>
<td>or 80-89</td>
</tr>
<tr>
<td>Hypertension, stage 1</td>
<td>140-159</td>
<td>or 90-99</td>
</tr>
<tr>
<td>Hypertension, stage 2</td>
<td>≥ 160</td>
<td>or ≥ 100</td>
</tr>
</tbody>
</table>

Key: SBP = systolic blood pressure
DBP = diastolic blood pressure

**Diagnostic Workup of Hypertension**
- Assess risk factors and comorbidities.
- Reveal identifiable causes of hypertension.
- Assess presence of target organ damage.
- Conduct history and physical examination.
- Obtain laboratory tests; urinalysis, blood glucose, hematocrit and lipid panel, serum potassium, creatinine, and calcium. Optional: urinary albumin/creatinine ratio.
- Obtain electrocardiogram.

**Assess for Major Cardiovascular Disease (CVD) Risk Factors**
- Hypertension
- Obesity (body mass index ≥ 30 kg/m²)
- Dyslipidemia
- Diabetes mellitus
- Cigarette smoking
- Physical inactivity
- Microalbuminuria, estimated glomerular filtration rate <60 mL/min
- Age (>55 for men, >65 for women)
- Family history of premature CVD (men age <55, women age <65)

**Assess for Identifiable Causes of Hypertension**
- Sleep apnea
- Drug induced/related
- Chronic kidney disease
- Primary aldosteronism
- Renovascular disease
- Cushing’s syndrome or steroid therapy
- Pheochromocytoma
- Coarctation of aorta
- Thyroid/parathyroid disease

**Principles of Hypertension Treatment**
- Treat to BP <140/90 mmHg or BP <130/80 mmHg in patients with diabetes or chronic kidney disease.
- Majority of patients will require two medications to reach goal.

**Algorithm for Treatment of Hypertension**
- **Stage 1 Hypertension** (SBP 140-159 or DBP 90-99 mmHg)
  - Thiazide-type diuretics for most. May consider ACEI, ARB, BB, CCB, or combination.
- **Stage 2 Hypertension** (SBP ≥ 160 or DBP ≥ 100 mmHg)
  - 2-drug combination for most (usually thiazide-type diuretic and ACEI, or ARB, or BB, or CCB).
- Drug(s) for the compelling indications
  - See Compelling Indications for Individual Drug Classes
  - Other antihypertensive drugs (diuretics, ACEI, ARB, BB CCB) as needed.

**Not at Goal Blood Pressure**
- Optimize dosages or add additional drugs until goal blood pressure is achieved. Consider consultation with hypertension specialist.