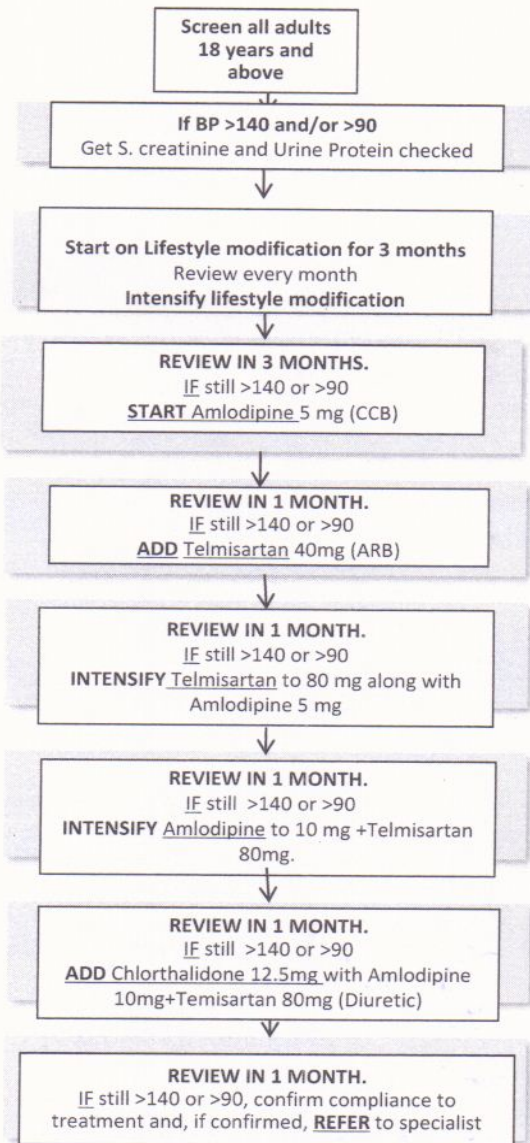


## ALGORITHM FOR MANAGEMENT OF HYPERTENSION



### Measuring blood pressure

- Mercury sphygmomanometer or electronic digital oscillometric devices validated using a standard protocol, and calibrated regularly should be used.
- Patient should relax for 5 minutes before measurement.
- Should not have had caffeine in the past hour or smoked in the past 30 minutes.
- Should be seated comfortably with back supported, arm at heart level, and legs uncrossed.
- Appropriate cuff size – length of bladder 80% of arm circumference, width 40% of arm circumference.

### Lifestyle modifications:

#### All patients require life-long lifestyle modification

- Dietary change – salt restricted (<5g/day), low-fat diet
- Reduce weight – target BMI 18.5-22.9 kg/m<sup>2</sup>
- Regular exercise – moderate intensity, 30 minutes, 5 days a week
- STOP SMOKING
- Avoid alcohol intake

### BP measurements

At least 2 readings at an interval of 2 minutes. If readings differ by more than 5 mmHg take a third reading. The lower of the readings should be taken as the representative SBP and DBP.

If SBP  $\geq$ 180 and/or DBP  $\geq$ 110 refer immediately to higher center

If SBP 160-179 and/or DBP 100-109 Basic investigations, ECG, S. Creatinine to be done and start life style modification and drug treatment

SBP 140-159 and/or DBP 90-99 Start on life style modifications

## Treatment Protocol for Type 2 Diabetes mellitus

Screen all individuals of age above 30 years

Assess every subject

Diet, Physical activity, h/o tobacco, alcohol use

Check height, weight, waist circumference, calculate BMI

Pulse, BP, Random Plasma Glucose (RPG)

BMI (Kg/m<sup>2</sup>)

18.5-22.9: Normal

23.0-24.9: Overweight

>25: Obese

FPG – No calorie intake for last 8 – 10 hrs

PPPG- 2 hrs post normal meal

If RPG < 140 mg/dL

Reassess every 1 year or earlier if symptoms appear

If RPG ≥ 140 to < 200

Call for fasting and post prandial plasma glucose test on another day ASAP

No symptoms

If RPG ≥ 200

FPG < 126 and PPPG < 200 mg/dL

FPG ≥ 126 and PPPG ≥ 200 mg/dL

+ Symptoms  
Polyuria, Polydypsia, Polyphagia, weight loss

If BMI < 23 Kg/m<sup>2</sup> & adhering to LSM  
Reassess every 6 months with FPG and PPPG

If BMI ≥ 23 Kg/m<sup>2</sup> or not adhering to LSM, Reassess every 3 months with FPG and PPPG

If no symptoms two tests must be abnormal to diagnose diabetes and if only one test is abnormal (FPG ≥ 126 or PPPG ≥ 200 mg/dL), repeat testing on another day to classify and follow the algorithm

**Diagnose Diabetes**

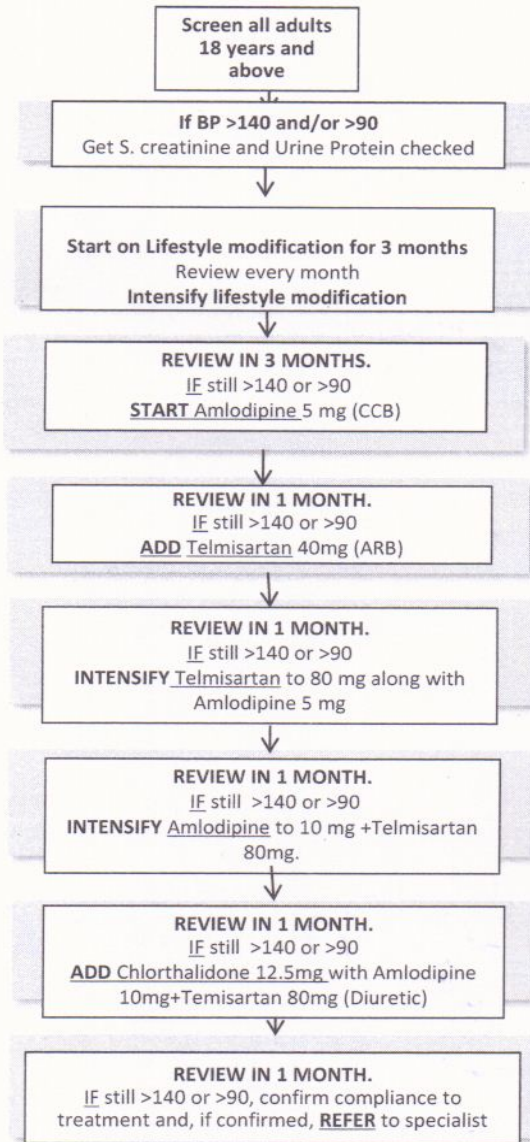
RPG: Random Plasma Glucose  
FPG: Fasting Plasma Glucose  
PPPG: Post prandial Plasma Glucose

### LIFESTYLE MODIFICATION (LSM)

- Restrict sugar & sweets
- Restrict fried and oily foods
- Increase fibre in diet (green leafy vegetables, lentils or peas, whole grains, apple, banana)
- Regular consumption of seasonal vegetables
- Brisk walking for 30 minutes daily  
5 minutes warm up  
5 minutes cool down
- Avoid Tobacco and Alcohol

Refer treatment Algorithm

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