# NIGERIA

# Hypertension Treatment Protocol **for Primary Health Care level**

**Federal Ministry of Health**

Measure blood pressure of **all adults** ≥ 18 years of age.

## High blood pressure: SBP ≥ 140 mmHg or DBP ≥ 90 mmHg.

**Step 1**

**If BP ≥140/90 mmHg,***
**Start amlodipine 5 mg.**

**Step 2**

**After 1 month, measure BP again. If still high,**
**Treat with amlodipine 5 mg + losartan 50 mg.**

**Step 3**

**After 1 month, measure BP again. If still high,**
**Treat with amlodipine 10 mg + losartan 100 mg.**

**Step 4**

**After 1 month, measure BP again. If still high,**
**Treat with amlodipine 10 mg + losartan 100 mg + HCTZ 25 mg.**

**Step 5**

**After 1 month, measure BP again. If still high,**
**Refer for specialist hypertension management.**

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### Special populations

⚠️ **Pregnant women and women who may become pregnant**
**DO NOT GIVE** losartan to pregnant women nor to women of childbearing age who are not on effective contraception.

If pregnant, refer to obstetric specialist

Stop tobacco use and harmful use of alcohol

Increase regular physical activity to at least 30 minutes daily.

If overweight, lose weight.

Eat a heart-healthy diet low in salt, trans fats and added sugar:

- Eat 5 servings of fruits and vegetables per day.
- Eat nuts, legumes, whole grains and foods rich in potassium.
- Eat fish at least twice per week.
- Use healthy oils like sunflower, flax seed, soybean, peanut and olive.
- Limit red meat to once or twice per week.
- Limit consumption of ultra-processed, canned and 'fast' foods.
- Avoid donuts, cookies, sweets, fizzy drinks and juice with added sugar.

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***If initial BP ≥ 160/100 mg, but <180/110 mmHg, start at STEP 2.**

***If initial BP ≥ 180/110 mg, give step 3 drugs and refer to the emergency unit of the nearest general hospital within 1 hour.**

*Notes:*
- **Single pill combination of amlodipine plus losartan is preferred to free combination.**
- HCTZ= Hydrochlorothiazide.
- Telmisartan 40mg and 80mg if available is preferable to losartan.
- May substitute HCTZ 25mg with amiloride 2.5mg/HCTZ 25mg if HCTZ is unavailable.