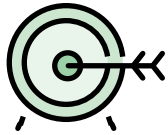


Hypertension in People with Diabetes

eden

IF A PATIENT PRESENTS WITH CLINICAL SUSPICION



NICE targets

T1=135/85 T2=140/80

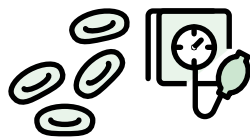
BUT either type with:

- End organ damage=130/80
- Microvascular changes
- Features of a metabolic syndrome



If BP > target refer to GP
Offer HBPM or ABPM and follow up
If **severely** hypertensive
SBP > 180 DBP > 110

- See GP/nurse prescriber immediately
- Consider treating immediately



Step 1A

<55 years (start here)
ACE or A2RB

Blood + BP within two weeks
If not in target move to next step
If in range follow up annually

- Consider ECG



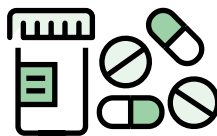
Step 1B

≥55 years/black any age (start here)
ACE or A2RB & CCB or
Thiazide-like diuretic



Step 2

ACE or A2RB & CCB or
Thiazide-like diuretic

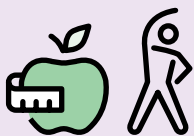


Step 3

ACE or A2RB & CCB or
Thiazide-like diuretic & other
diuretic or beta/alpha-blocker



Refer to specialist
but remember...



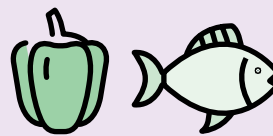
Lifestyle advice

Lifestyle programme
referral: LEAP



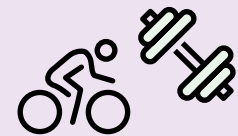
Weight reduction

Aim for BMI <25



Diet

Salt <6g
Oily fish x2/week
Less Alcohol
5/day fruit/vegetables



Exercise

150 minutes/week of
moderate intensity

For further information contact:

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Leicester Diabetes Centre

