

## Blood Pressure thresholds and recommendations for treatment and follow-up

In 2018 the American Heart Association (AHA) changed the recommended blood pressure thresholds. Following the new recommendations may mean some of your patients are now considered to have above normal blood pressure and need to be more closely monitored.

Here is a list of the new thresholds with the AHA suggestions for treatment and follow up:

- **Normal BP:** **<120/<80 mm Hg**
  - Promote healthy lifestyle habits
  - Reassess every year
- **Elevated BP:** **120-129/<80 mm Hg**
  - Nonpharmacologic therapy
  - Reassess in 3-6 months
- **Stage 1 hypertension:** **130-139/80-90 mm Hg**
  - Clinical ASCVD\* or estimated 10-year CVD risk  $\geq 10\%$ :
    - If No:
      - Nonpharmacologic therapy
      - Reassess in 3-6 months
    - If Yes or if **Stage 2 Hypertension**
- **Stage 2 hypertension:** **140 or greater/ 90 mmHg or greater**
  - Nonpharmacologic therapy AND BP lowering medication
  - Reassess in 1 month
    - BP Goal met on 1 reassessment:
      - If yes: Reassess in 3-6 months
      - If no: Assess and optimize therapy adherence  
Consider intensifying therapy (medications)  
Reassess monthly until BP goal met

(\*ASCVD: Atherosclerotic Cardiovascular Disease)

Source: American Heart Association, Diagnosing and Managing Hypertension in Adults

<https://www.heart.org/-/media/files/health-topics/high-blood-pressure>

You can find the ASCVD risk calculator here:

<https://professional.heart.org/professional/GuidelinesStatements/>