

# NICE Guidance on Hypertension: Diagnosis and Treatment

### Definitions Of hypertension

	Clinic BP mmHg	ABPM/HBPM mmHg
Stage 1 Hypertension	≥ 140/90	≥ 135/85
Stage 2 Hypertension	≥ 160/100	≥ 150/95
Severe Hypertension	≥ 180 systolic ≥ 110 diastolic	

  

### Blood Pressure Treatment Targets

	Clinic BP mmHg	ABPM/HBPM mmHg
Normal (Under 80 yrs old)	140/90	135/85
Over 80 Years old	150/90	145/85
Diabetes OR CKD 3-5 (eGFR <60)	140/80	135/75
Diabetes AND CKD 3-5	130/80	125/75
ACR>70	130/80	
CVA/TIA/MI	130/80	

**\*IF CKD 3-5 (eGFR<60) then maintain systolic blood pressure to target, but > 120 mmHg**

Increased risk of adverse outcomes both above and below the optimal range, for both systolic and diastolic blood pressure in patients with CKD r. Recommendations systolic range (120\*-129 or 139mmHg) and a diastolic threshold (80mmHg).

