

Treating Hypertension in Long Term Care

Start Treatment

Consider starting treatment when SBP is 160 mmHg or higher

Use seated blood pressure (not supine) to make treatment decisions

- Aim for sitting SBP to be 140 to 160 mmHg if no orthostasis or other adverse effects.
- In the **very frail** with short life expectancy, a target SBP of 160 to 190 mmHg is reasonable.
- In general, use no more than 2 medications.

Stop Treatment

Anti-hypertensives can be tapered and discontinued if sitting SBP is less than 140 mmHg.

Before discontinuation, consider if the medications are treating additional conditions such as rate control for atrial fibrillation or symptomatic control of heart failure.