Figure 3.2: CHEP Treatment Algorithm 2016  
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Treatment of Adults with Systolic/Diastolic Hypertension Without Compelling Indications for a Specific Agent

Target <140/90 mmHg  
Initial Treatment and Monotherapy

- Health Behaviour Modifcation
  - Thiazide/thiazide-like diuretic
  - ACEI
  - ARB
  - Long-acting CCB
  - Beta-blocker*

A combination of two first-line drugs may be considered as initial therapy if the blood pressure is ≥ 20 mmHg systolic or ≥10 mmHg diastolic above target.

* Beta-blockers are not indicated as first-line therapy for age 60 and above.

ACEI, ARB and direct renin inhibitors are contraindicated in pregnancy and caution is required in prescribing to women of childbearing potential.