



1. All Canadian adults should have their blood pressure assessed at all appropriate clinical visits.
2. Automated measurement is preferred to manual measurement.
3. In the office, multiple unattended automatic measurements are recommended.
4. Out-of-office measurement should be performed to confirm the initial diagnosis of hypertension.
5. Optimum management of the hypertensive patient requires assessment and communication of overall cardiovascular risk using an analogy like 'vascular age'.
6. Identify the threshold for initiating therapy; treat to target.
7. Health behaviour modification is effective in preventing hypertension, treating hypertension and reducing cardiovascular risk.
8. Combinations of both health behaviour changes and drugs are generally necessary to achieve target blood pressures.
9. Home BP monitoring is an important tool in self-monitoring and self-management.
10. Focus on adherence.

2016 Hypertension Canada CHEP Guidelines

