

Hypertension Treatment Scenarios

First line for primary hypertension:

ACEI/ARB, calcium channel blockers, thiazide diuretics

Hypertension treatment in a:

Pt with heart failure: ACEI, beta blockers, sacubitril/valsartan, spironolactone, SGLT-2 inhibitor, loop diuretic/thiazide

*Don't take Ca blocker; don't add betas if they're in decompensated heart failure (if they're already on a beta, you can leave them on it)

Pt with diabetes: ACEI (renal protection)

Be careful with betas (mask hypoglycemia/lower glucose release from liver)

Pt with angina: beta blocker (or non-DHP Ca blocker if they can't take beta)

Pt with asthma: no ACEI or beta blocker

Pt is pregnant: labetalol, nifedipine, hydralazine, methyldopa

Pt with osteoporosis: thiazide (increase calcium reabsorption)

Pt with migraines: beta blocker (first line for migraine prevention)

Pt with BPH: terazosin (selective alpha-1 blocker, first line for BPH)

Pt with a calcium kidney stone: thiazide