

# **Evolving Clinical Practice Guidelines in the Management of Hypertension**

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## **Abstract**

Hypertension is the commonest cardiovascular disease. The prevalence in our country is around 20-22% of adult population. Most patients are treated by general physicians and only around 5-10% of patients need to be referred to specialised centres. Clinical practice guidelines are important so as to guide physicians regarding measurement techniques, clinical and laboratory evaluation and treatment strategies of these patients. Emphasis on non pharmacological life style modification needs to be placed. Since five-six class of drugs are available and a pertinent choice has to be made by the physician, drug pharmacology and interactions need to be known.

Definition and treatment of hypertension have been evolving over last 5-6 decades and various medical bodies have been updating the guidelines. The JNC guidelines (I-VII) have been the most followed ones. The British guidelines, European Society and WHO guidelines are also useful documents. Our own Indian guidelines have been published in 2000 and 2007. Hypertension is not only a disease due to genetic predisposition but psychosocial, environmental and dietary factors have important implications. Individuals from different races have variation in the pattern of disease. Thus, guidelines need to be evolved by various countries which are suitable for their physicians and countrymen.

**Key Words:** Hypertension, clinical practice guidelines, psychosocial and environmental factors, dietary factors

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