

Blood Pressure Treatment Targets

Patient Group		Clinic Target	Home/Ambulatory Blood Pressure Target
Hypertension (no co-morbidities) <i>Taken from NICE CG127, Aug 2011</i>	under 80 yrs	< 140/90 mmHg	< 135/85 mmHg
	over 80 yrs	< 150/90 mmHg	< 145/85 mmHg
Type 1 Diabetes <i>Taken from NICE NG17 Aug 2015</i>		< 135/85 mmHg	< 130/80 mmHg
	<ul style="list-style-type: none"> • Microalbuminuria • two or more features of metabolic syndrome 	< 130/80 mmHg	< 130/80 mmHg
Type 2 Diabetes <i>Taken from NICE NG 28, Dec 2015</i>		< 140/80 mmHg	< 135/75 mmHg
	<ul style="list-style-type: none"> • Kidney damage • Eye damage • Cerebrovascular damage 	< 130/80 mmHg	< 125/75 mmHg
Chronic Kidney Disease (stages 3-5) <i>Taken from NICE CG182, July 2014</i>		< 140/90 mmHg (target range 120-139 mmHg systolic)	< 135/85 mmHg
	Diabetes Proteinuria (ACR >70mg/mmol)	< 130/80 mmHg (target range 120-129 mmHg systolic)	< 125/75 mmHg
Stroke and TIA <i>Taken from: RCP National Clinical Guideline for stroke 2016</i>		< 130/80 mmHg	< 125/75 mmHg
	Severe bilateral carotid stenosis	Systolic BP 140-150 mmHg	Systolic BP 135-145 mmHg