

Existing strategies

New strategy

General population
Clinic BP 120/70 – 250/130mmHg

PROOF-BP algorithm

Blood pressure measurement strategy

Clinic BP

Home BP

Ambulatory BP

Clinic blood pressure screening

Clinic BP $\geq 140/90$ mmHg

Clinic BP $< 140/90$ mmHg

Clinic BP $\geq 140/90$ mmHg

Clinic BP $< 140/90$ mmHg

Clinic BP $\geq 140/90$ mmHg

Clinic BP $< 140/90$ mmHg

Adjusted clinic BP $< 130/80$ mmHg

Adjusted clinic BP between 130/80 – 144/89mmHg

Adjusted clinic BP $\geq 145/90$ mmHg

Initial management decision

Repeat clinic measurement

Measure again in 5 years

Repeat clinic measurement

Measure again in 5 years

Repeat clinic measurement

Measure again in 5 years

Measure again in 5 years

Offer treatment

Additional blood pressure monitoring or management

Sustained Clinic BP $\geq 140/90$ mmHg

Subsequent Clinic BP $< 140/90$ mmHg

Sustained Clinic BP $\geq 140/90$ mmHg

Subsequent Clinic BP $< 140/90$ mmHg

Sustained Clinic BP $\geq 140/90$ mmHg

Subsequent Clinic BP $< 140/90$ mmHg

Offer treatment

Measure again in 5 years

Send for home BP monitoring

Measure again in 5 years

Send for Ambulatory BP monitoring

Measure again in 5 years

Send for Ambulatory BP monitoring

Final management decision

Home BP $\geq 135/85$ mmHg

Home BP $< 135/85$ mmHg

Ambulatory BP $\geq 135/85$ mmHg

Ambulatory BP $< 135/85$ mmHg

Offer treatment

Measure again in 5 years

Offer treatment

Measure again in 5 years

Ambulatory BP $\geq 135/85$ mmHg

Ambulatory BP $< 135/85$ mmHg

Offer treatment

Measure again in 5 years