

Modified SPRINT Hypertension Algorithm: Monotherapy Start

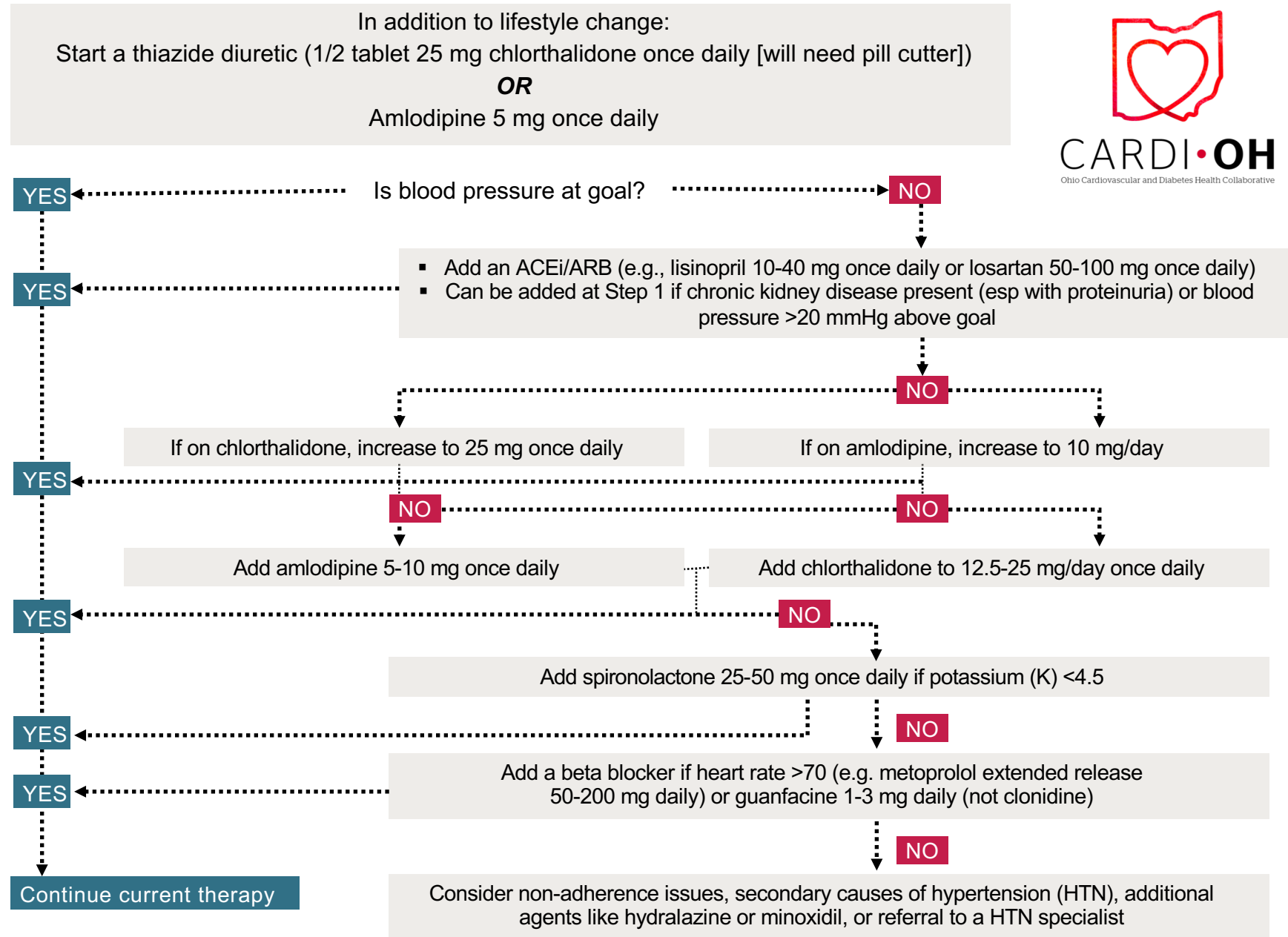
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- This algorithm was recommended in Systolic Blood Pressure Intervention Trial (SPRINT), with chlorthalidone the preferred thiazide-like diuretic, especially for African American patients
- Non-African American patients could also start with either angiotensin-converting enzyme inhibitor (ACEi) or angiotensin receptor blocker (ARB)
- Very effective in achieving even systolic blood pressures < 120 mmHg
- No significant disparity in blood pressure lowering or outcome benefit similar across race/ethnicity was seen in the SPRINT trial
- May be better option in practices with large numbers of African American hypertensives since uses chlorthalidone rather than hydrochlorothiazide (HCTZ) as initial therapy

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SPRINT Research Group; Wright JT Jr, Williamson JD, Whelton PK, et al. A randomized trial of intensive versus standard blood-pressure control. N Engl J Med. 2015 Nov 26;373(22):2103-16. doi: 10.1056/NEJMoa1511939. Erratum in: N Engl J Med. 2017 Dec 21;377(25):2506. doi: 10.1056/NEJMc170008.