

Treatment Intensification Considerations for Elderly

Elderly patients can actually derive more benefit from intensive treatment because their baseline risk is higher. SPRINT 75+ trial showed that frail patients derive the same benefit as robust without more frequent side effects in the intensive arm of the trial. In appropriately selected older patients (those who meet SPRINT criteria – see attached), aggressive treatment is appropriate (excluding patients with baseline orthostasis dementia, etc.).

ELDERLY OR FRAIL ADULTS

- Because elderly or frail adults are at higher risk for postural hypotension, check standing BP to guide treatment decisions.
- Incorporate BP monitoring details, medication benefits and risks, and patient preferences in elderly or frail adults.

DOWN-TITRATION

- Consider down-titration of BP medication in adults with SBP < 110 mmHg without other indications for medication, such as heart failure, or with symptoms of orthostasis.

SPRINT Criteria

Inclusion criteria:

- Age ≥ 50 years
- Hypertension with SBP ≥ 130 mm Hg

At least one risk factor for heart disease:

- Presence of clinical or subclinical cardiovascular disease other than stroke
- Chronic kidney disease, defined as estimated glomerular filtration rate (eGFR) 20-59 ml/min/1.73 m²
- A Framingham Risk Score for 10-year cardiovascular disease risk $\geq 15\%$
- Age > 75 years

SPRINT Criteria

Exclusion Criteria

- An indication for a specific BP-lowering medication that the person is not taking and the person has not been documented to be intolerant of the medication class
- Known secondary cause of hypertension
- One-minute standing SBP <110 mm Hg
- Proteinuria
- Arm circumference too large or small to allow accurate BP measurement with available devices
- Diabetes mellitus
- History of stroke
- Polycystic kidney disease
- Glomerulonephritis treated with or likely to be treated with immunosuppressive therapy
- eGFR <20 ml/min/1.73 m² or end-stage renal disease
- Cardiovascular event or procedure or hospitalization for unstable angina within last 3 months
- Symptomatic heart failure within the past 6 months or left ventricular ejection fraction <35%
- A medical condition likely to limit survival to <3 years or a malignancy other than nonmelanoma skin cancer within the last 2 years
- Organ transplant