Confirm Treatment Resistance
Office blood pressure (BP) > 140/90 mmHg and
a regimen of 3 or more anti-hypertensive medications at optimal doses
(including a diuretic) or
Office BP at threshold with 4 or more drugs

Exclude pseudoresistance
- Treatment adherence
- White-coat effect exclusion

Identification and correction of lifestyle factors
- Weight loss
- Physical activity
- Moderate alcohol intake
- Low-salt diet

Withdrawal of interfering Medications
- Non-steroidal anti-inflammatory agents
- Sympathomimetics (decongestants)
  - Oral contraceptives
  - Corticosteroids
  - Cyclosporine
  - Herbal compounds (ephedra)

Screen for secondary causes of resistant hypertension
- Obstructive sleep apnea
- Primary aldosteronism
- Chronic kidney disease
- Renal artery stenosis
- Pheochromocytoma
- Cushing’s syndrome
- Aortic coarction

Optimize and intensify pharmacological treatment
- Maximize diuretic doses
- Addition of mineralocorticoid receptor antagonist
- Combination therapy

Modified from: