



# Making sense of blood pressure readings in people with diabetes

## NICE classification<sup>1</sup>

Hypertension classification (from NICE NG136).			
Hypertension category	Clinic BP		ABPM/HBPM average BP
Stage 1	≥140/90 mmHg	If clinic BP is between 140/90 and 180/120 mmHg, offer ABPM to confirm diagnosis of hypertension. If ABPM is unsuitable, offer HBPM	≥135/85 mmHg
Stage 2	≥160/100 mmHg		≥150/95 mmHg
Stage 3	Systolic ≥180 mmHg or diastolic ≥120 mmHg		

## NICE targets<sup>1,2</sup>

NICE NG136 and NG203 recommend reducing and maintaining BP to the targets below depending on the person's age and profile. **Targets are the same for people with and without cardiovascular disease.** There is insufficient evidence to support lower blood pressure targets for people with diabetes, other than in those with coexisting CKD.

Profile	Clinic BP target	Home average BP target
<b>Age &lt;80 years</b>		
With hypertension (with or without T2DM)	<140/90 mmHg	<135/85 mmHg
T1DM + ACR <70 mg/mmol		
CKD + ACR <70 mg/mmol		
T1DM + ACR ≥70 mg/mmol	<130/80 mmHg	<125/75 mmHg
CKD + ACR ≥70 mg/mmol		
<b>Age ≥80 years</b>		
With hypertension (with or without T2DM)	<150/90 mmHg	<145/85 mmHg
CKD + ACR <70 mg/mmol	<140/90 mmHg	<135/85 mmHg
CKD + ACR ≥70 mg/mmol	<130/80 mmHg	<125/75 mmHg

## KDIGO recommendations for people with chronic kidney disease<sup>3</sup>

- Adults with high BP and CKD should be treated to a target SBP of <120 mmHg (also applies to the subgroups of older adults and those with increased albuminuria).
- The balance of benefits and harms is less certain in people with CKD G5 and in those with severely increased albuminuria (A3).
- The benefits of intensive BP lowering are less certain among patients with concomitant CKD and diabetes, compared to patients with CKD without diabetes.

### 2023/2024 QOF blood pressure indicators



- Diabetes (excluding moderate or severe frailty): ≤140/90 mmHg
- Coronary heart disease/hypertension/stroke/TIA:
  - Age <80 years: ≤140/90 mmHg
  - Age ≥80 years: ≤150/90 mmHg
- There is no QOF BP target for those with CKD.

For more information, see *How to diagnose and treat hypertension in adults with type 2 diabetes*

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### References

1. NICE (2023) Hypertension in adults: diagnosis and management [NG136]. Available at: [www.nice.org.uk/guidance/ng136](http://www.nice.org.uk/guidance/ng136)
2. NICE (2021) Chronic kidney disease: assessment and management [NG203]. Available at: [www.nice.org.uk/guidance/ng203](http://www.nice.org.uk/guidance/ng203)
3. KDIGO Blood Pressure Work Group (2021) KDIGO 2021 clinical practice guideline for the management of blood pressure in chronic kidney disease. *Kidney Int* 99(Suppl 3): S1–8

**Citation:** Diggle J (2024) Need to know: Making sense of blood pressure readings in people with diabetes. *Diabetes & Primary Care* 26: 79