

Hypertension Management Guideline

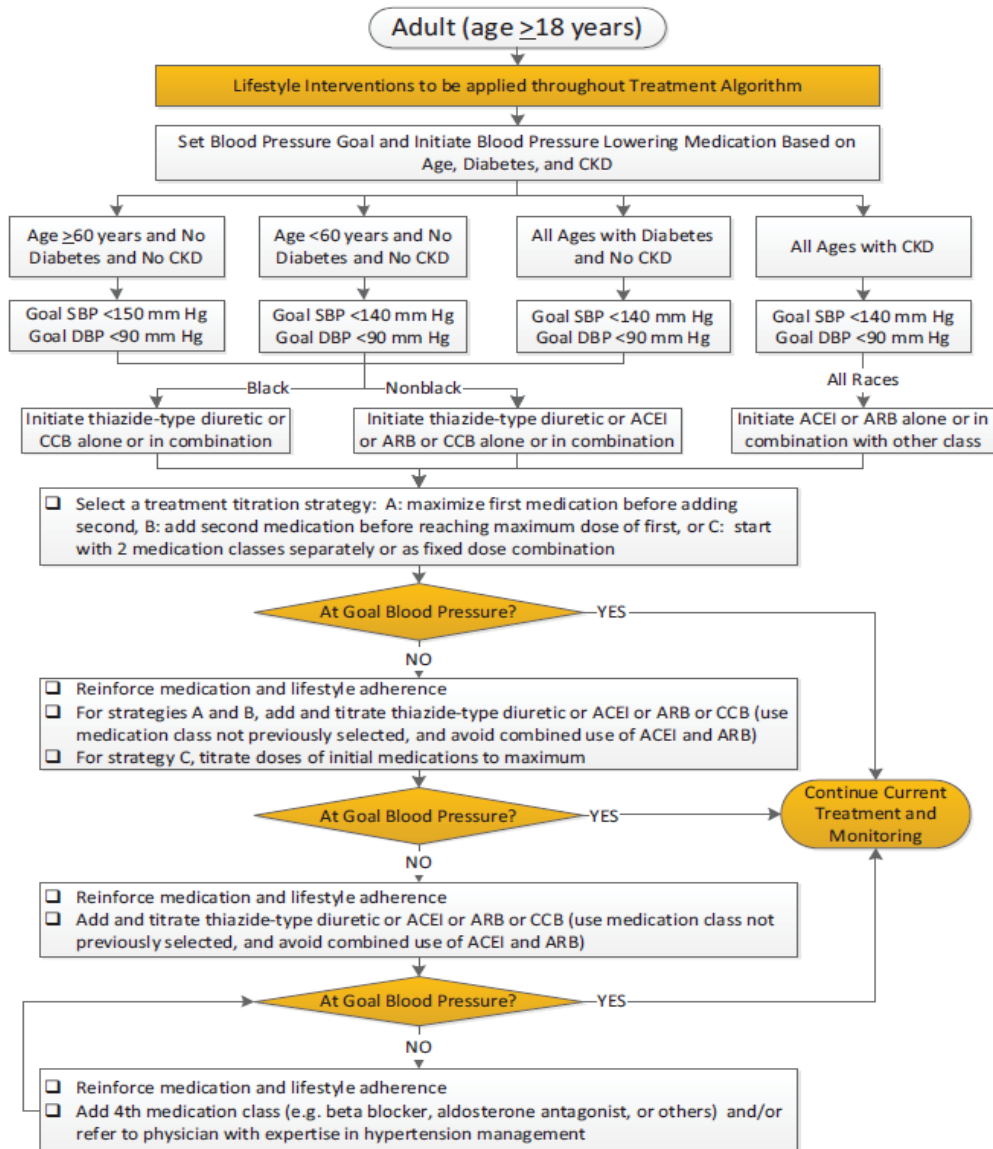
Adapted: October 14, 2003

Revised/Approved: Oct. 2005,
Dec., 2007, Nov., 2009, May,
2012, May, 2014, & May, 2016.

Purpose: The Hypertension Management Guidelines are designed to improve the management of hypertension through the use of high quality, personalized, comprehensive health care and to minimize any further progression of the disease state.

Scope: The assessment, management, treatment, and evaluation of hypertension in adults 18 years of age and older.

Guideline:



Source. JNC8 2014 Hypertension Guideline Management Algorithm from JAMA – Table 1.

Lifestyle changes:

- Smoking Cessation
- Control blood glucose and lipids
- Diet:
 - Heart healthy (i.e., DASH diet)
 - Limit ETOH (alcohol) consumption
 - Reduce sodium intake to no more than 2,400 mg/day
- Physical Activity:
 - Moderate to vigorous activity at least 3-4 days per week totaling at least 150 minutes per week.
- Home Blood Pressure Monitoring

Initial Drugs of Choice for Hypertension

- ACE inhibitor (ACEI)
- Angiotensin receptor blocker (ARB)
- Calcium channel blocker (CCB)
- Thiazide diuretic

Note. Beta-blockers as a class are not recommended as a first-line agent to treat Hypertension, per JNC8 guidelines.

Source(s):

Dr. Emran Rouf (BSWH Internal Medicine, Hypertension Clinic), Dr. Catherine McNeal (BSWH Cardiology, Temple), & Dr. Phillip Houck (BSWH Cardiology, Round Rock)

2014 Evidence-Based Guidelines for the Management of High Blood Pressure in Adults: Report from the Panel Members Appointed to the Eighth Joint National Committee (JNC8) - *JAMA*. 2014; 311(5):507-520.

doi:10.1001/jama.2013.284427.

An Effective Approach to High Blood Pressure Control: A Science Advisory From the American Heart Association, the American College of Cardiology, and the Centers for Disease Control and Prevention - *Hypertension* 2014 63:878-885; doi:10.1161/HYP.0000000000000003

Centers for Disease Control and Prevention. *Protocol for Controlling Hypertension in Adults*. Atlanta, Georgia. 2013.

Retrieved from: <http://millionhearts.hhs.gov/files/Hypertension-Protocol.pdf>

Centers for Disease Control and Prevention. *Self-Measured Blood Pressure Monitoring: Action Steps for Public Health Practitioners*. Atlanta, GA: Centers for Disease Control and Prevention, US Dept. of Health and Human Services; 2013.

Retrieved from: http://millionhearts.hhs.gov/docs/mh_smbp.pdf