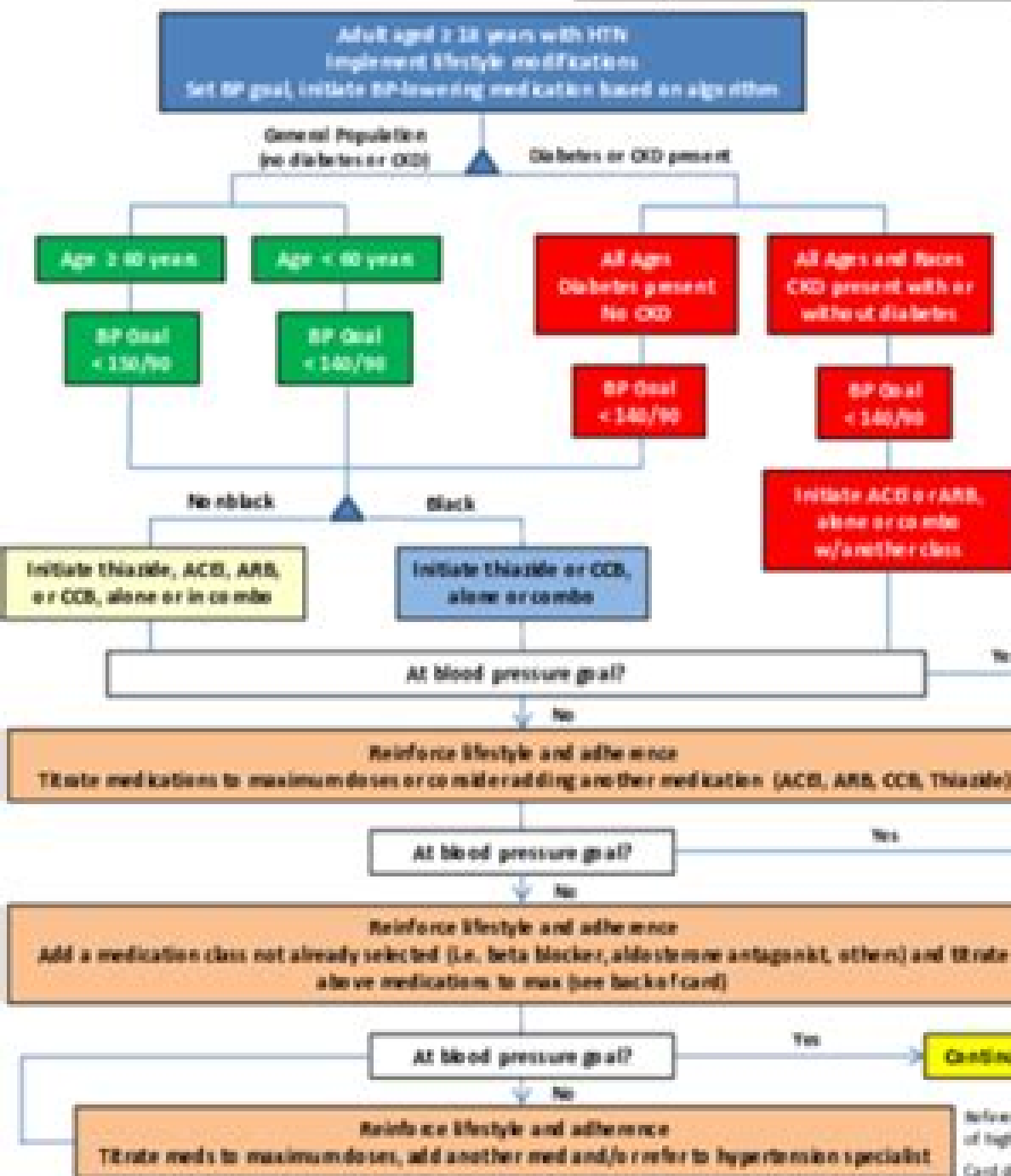


# JNC 8 Hypertension Guideline Algorithm



## Initial Drugs of Choice for Hypertension

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

Strategy	Description
A	Start one drug, titrate to maximum dose, and then add a second drug.
B	Start one drug, then add a second drug before achieving max dose of first.
C	Begin 2 drugs at same time, as separate pills or combination pill. Initial combination therapy is recommended if BP is greater than 20/10 mm Hg above goal.

## Lifestyle changes:

- Smoking Cessation
- Control blood glucose and lipids
- Diet
  - ✓ Eat healthy (i.e., DASH diet)
  - ✓ Moderate alcohol consumption
  - ✓ Reduce sodium intake to no more than 2,400 mg/day
- Physical activity
  - ✓ Moderate-to-vigorous activity 3-4 days a week averaging 40 min per session.

Reference: James PA, Olin T, et al. 2014 evidence-based guideline for the management of high blood pressure in adults. JNC8. JAMA. 2014 Feb 19;311(8):507-20

Card developed by Cole Green, Pharm.D. & James L Taylor, Pharm.D.

# Jnc 8 Hypertension Guidelines

**S S Iyengar, R R Kasliwal**



## **Jnc 8 Hypertension Guidelines:**

### **Clinical Cardiology: Current Practice Guidelines** Demosthenes G. Katritsis, Bernard J. Gersh, A. John

Camm, 2016-07-21 Clinical Cardiology Current Practice Guidelines Updated Edition is an essential tool for the busy clinician offering succinct yet detailed access to the most recent trial and guideline data supporting practice and patient management in cardiology ESC and ACC AHA guidelines are continually updated and often overlap in their advice making it difficult for the cardiologist to obtain a clear picture of the right way to diagnose and treat disease according to the latest evidence base. Written by leading authorities in the field this book together with its regularly updated online version provides a unique solution. The authors have scrutinized all available guidelines and research from both ACC AHA and ESC on every clinical issue. The result is a rigorous examination of the implications of published guidance illustrated by more than 600 easy to follow tables and 200 full colour images which reinforce key points and clarify difficult concepts. 87 comprehensive chapters explore the definition epidemiology pathophysiology diagnosis and management of cardiac disease. Two new chapters examine the univentricular heart and venous thromboembolism. Each chapter encompasses the latest published research followed by discussions of possible presentations and investigations offering detailed insights for clinicians into best practice for diagnosis and treatment. Providing at a glance access to the best guidance in cardiology this book offers a diagnosis and management toolkit which no practising cardiologist can afford to be without. Management of Hypertension Vasilios

Papademetriou, Emmanuel A. Andreadis, Charalampia Geladari, 2018-11-19 This book is a valuable tool to assist both cardiovascular physicians and scientists learning the intricacies of hypertension research and its milestone studies. All major hypertension trials have been reviewed in this book in chronological order with extensive discussion of the study population study design and outcomes and with a special focus on what knowledge they offered their strengths and weaknesses statistical errors impact on international guidelines and unmet needs. Importantly the book also offers physicians and young scientists with basic knowledge regarding medical biostatistics. It is of critical importance for a scientist involved in the field to understand deeply the process of analyzing medical data. Moreover the accurate interpretation of the results is central for applying evidence based medicine in everyday clinical practice. Management of Hypertension Current Practice and the Application of Landmark Trials is a critical tool to assist in the education of physicians and researchers in the field providing a separate section on pioneer researchers in hypertension and urging readers to become bright exemplars for scientists wishing to pursue a career in academic medicine and hypertension research. **Managing Hypertension** Sandra A.

Moulton, 2016-10-28 Hypertension or high blood pressure is a common chronic disease affecting people of different ages cultural backgrounds and socio economic statuses worldwide. Research links hypertension to increased risk of heart disease kidney disease and cardiovascular disease the leading cause of death worldwide. This book provides an up to date illustrated overview of research findings concerning hypertension covering risk factors increase in prevalence cultures affected and

challenges to treating and managing the disease in specific populations Pharmacological and non pharmacological methods for effectively managing hypertension are discussed Practical Guide to Managing Hypertension - ECAB S S Iyengar,R R Kasliwal,2012-06-08 This book is an effort by the author panel to address hypertension issues in a more comprehensive manner and present to practitioners as a ready reference It covers different practical aspects related to hypertension like the burden of hypertension in India its complications and comorbidities its awareness and early detection appropriate treatment and achieving the therapeutic targets Hypertension can be easily detectable eminently treatable and there are safe and effective drugs But in India there has been a huge lack of awareness of the condition especially urban rural bias and thus it results in inadequate treatment The prevalence of hypertension in India in the urban areas varies from 11% to 31% amongst men and 13% to 34% amongst women In rural areas the same amounts to about 1 4% and 3 5% This publication covers the major global and Indian hypertension management guidelines and tries to sincerely put forth this compilation which will address the most important and frequently asked questions in approach to diagnosis and management of hypertension in day to day practice and will effectively bridge the gap between guidelines and practice Application of global hypertension management guidelines like JNC VII in Indian Clinical Scenario Highlighting the compliance issues in hypertension management Focusing on the screening and the right treatment goals of hypertension On the management aspect the publication provides a holistic management approach covering drugs diet and lifestyle changes **Manual of Hypertension** BA Muruganathan,2020-11-30 Hypertension is another name for high blood pressure It can lead to severe complications and increases the risk of heart disease stroke and death Blood pressure is the force exerted by the blood against the walls of the blood vessels The new edition of this manual provides cardiologists with the latest advances in the diagnosis and management of hypertension Divided into 14 sections the book begins with an overview of the history and epidemiology of the condition risk factors pathophysiological aspects and molecular basis The next chapters discuss the accuracy of blood pressure measurements target organ damage and secondary hypertension The book concludes with chapters on therapeutic aspects genetics and the latest treatment guidelines and meta analysis The second edition has been fully revised and includes new topics in line with recent advances in the field Clinical images and figures further enhance the comprehensive text Key points Comprehensive guide to diagnosis and management of hypertension Fully revised second edition featuring new topics in line with recent advances and guidelines Highly illustrated with clinical images and figures Previous edition 9789352500307 published in 2016 *Standard Treatment Guidelines for Hypertension* Mr. Rohit Manglik,2024-07-30 This manual presents standardized updated treatment pathways for hypertension ensuring uniform care practices aligned with national and international cardiovascular guidelines Braunwald's Heart Disease E-Book Douglas L. Mann,Douglas P. Zipes,Peter Libby,Robert O. Bonow,2014-07-30 Ideal for cardiologists who need to keep abreast of rapidly changing scientific foundations clinical research results and evidence based medicine Braunwald s Heart Disease is your

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*Hypertension* Elizabeth W Edwards, Donald DiPette, 2019-07-31 Hypertension is another name for high blood pressure It can lead to severe complications and increases the risk of heart disease stroke and death Blood pressure is the force exerted by the blood against the walls of the blood vessels This book is a comprehensive guide to the diagnosis and management of high blood pressure Divided into three sections the text begins with an overview of the condition current guidelines on its management potential organ damage and nonpharmacological treatments The next section covers the management of hypertension with associated disorders such as diabetes cardiovascular disease stroke kidney disease and more A complete chapter discusses white coat hypertension The final section discusses management approaches when initial treatment fails and hypertensive emergencies Each chapter is presented as a case scenario describing background previous control attempts challenges and treatments Authored by experts from the University of South Carolina the text is further enhanced by clinical images figures and tables Key points Comprehensive guide to diagnosis and management of hypertension Chapters presented as step by step case scenarios Covers treatment of hypertension with associated conditions Authored by experts from the University of South Carolina      **Hypertension Manual** A Muruganathan, 2024-02-22      **Family Nurse**

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**Hypertension** Sunil Nadar, Gregory Y. H. Lip, 2015 The management of hypertension varies considerably from clinician to clinician This pocketbook is a concise and evidence based summary of current understanding and practice including the most up to date guidance from national bodies and their recommendations for hypertension care An essential tool for everyday use in managing hypertension this book covers the different phases of investigation and definitive management and aids clinical decision making by collating all the relevant information and guidance in one easily accessible place *Manual of Hypertension of the European Society of Hypertension* Giuseppe Mancia, Guido Grassi, 2014-06-22 Despite recent advances in healthcare hypertension is a leading cause of death and remains a disease burden worldwide Now in its second edition the Manual of Hypertension of the European Society of Hypertension reflects emerging concepts that have the potential to impact diagnostic and therapeutic approaches to this condition Updating all mater

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