

JNC 8 Guideline For Hypertension

Adult aged ≥ 18 years with hypertension

Implement lifestyle interventions
(continue throughout management).

Set blood pressure goal and initiate blood pressure lowering medications
based on age, diabetes, and chronic kidney (CKD) disease.

Ages ≥ 60 years

Ages < 60 years

All ages
Diabetes present
No CKD

All ages
CKD present with or
without diabetes

Blood pressure goal
SBP < 150 mm Hg
DBP < 90 mm Hg

Blood pressure goal
SBP < 140 mm Hg
DBP < 90 mm Hg

Blood pressure goal
SBP < 140 mm Hg
DBP < 90 mm Hg

Blood pressure goal
SBP < 140 mm Hg
DBP < 90 mm Hg

Non-black

Black

All Races

Initiate thiazide-type diuretic
or ACEI or ARB or CCB, alone or
in combination.

Initiate thiazide-type diuretic or
CCB, alone or in combination.

Initiate ACEI or ARB, alone or in
combination with other drug
class.

Select a drug treatment titration strategy

- A. Maximize first medication before adding second OR
- B. Add second medication before reaching the maximum dose of first medication OR
- C. Start with 2 medication classes separately or as fixed dose-combination.

Jnc 8 Reference Card

Michael Yu Roleda, Yehuda Benayahu

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Family Nurse Practitioner Certification Intensive Review Maria T. Codina Leik, 2013-08-12 Also Available As The FNP Certification Review App Praise for the First Edition This is a well written comprehensive review aimed at preparing readers for successfully completing a board certification exam This is a wonderful comprehensive review in a concise study guide format Doody's Medical Reviews The second edition of this acclaimed FNP review continues to promote efficient time saving study by synthesizing the key content needed to pass the NP Certification Exam into a concise well organized format Using test taking strategies meticulously developed by the author the Review provides unique question dissection techniques targeted key content review 600 in depth practice questions and detailed current exam information in a fast facts style This second edition includes new chapters on pediatrics and adolescence and an extensive new section on geriatrics that encompasses body metabolic changes common disorders and hospice ethical considerations The book also presents an expanded intensive pharmacology review 100 new exam questions and is the only review to offer a new research chapter providing elements of research needed for E B practice The book reviews the complete lifespan from pediatrics to geriatrics and including pregnancy and covers non clinical content including ethics medico legal issues advanced practice law and reimbursement guidelines The review of primary care disorders is organized by body system The content is applicable for certification exams for both the ANCC and the AANP This book is also a great companion to the FNP Certification Review app coming soon for your iPhone or iPad New to this edition Reorganized for greater ease of use Provides extensive new section on geriatrics Contains expanded coverage of pediatrics and adolescence Offers expanded intensive style pharmacology review Presents elements of research needed for E B practice Includes 100 new questions for a title of 600 high yield questions Why use this review Delineates strategic question dissection techniques for study success developed by the author a leading provider of exam preparation education for over 20 years Provides precisely targeted content review Offers 600 in depth practice questions and detailed exam information Includes Exam Tips and Clinical Tips to help prioritize test content It is the only book to present elements of research needed for E B practice Outlines normal findings and benign variants in physical assessment of each body system Includes succinct review of diseases commonly seen in primary care It is a great companion to the forthcoming FNP Certification Review app [Understanding Nursing Research - E-Book](#) Susan K. Grove, Jennifer R. Gray, Nancy Burns, 2014-09-18 NEW Redesigned research example format includes research examples have been thoroughly redesigned with a clear hierarchy of subcategories NEW Improved focus on need to know content and greater use of bulleting creative illustrations and tables employs a more consistent streamlined approach from chapter to chapter NEW Updated research examples ensure you are learning through the most clinically relevant topics and studies NEW Detailed directions on how to critically appraise research syntheses such as systematic reviews meta analyses meta syntheses and mixed methods systematic reviews increase your understanding of the types of research syntheses conducted

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Basic Pharmacology for Nurses - E-Book Michelle J. Willihnganz,Bruce D. Clayton,2016-02-25 Known for its accurate up to date drug content and its practical application of the nursing process to drugs and disorders Clayton and Willihnganz s Basic Pharmacology for Nurses 17th Edition prepares you for safe medication administration Emphasizing the nurse s role clear guidelines cover safe drug handling types of drugs used for disorders or to affect body systems injection and enteral administration and patient education From a respected PharmD Nursing author team this full color text also provides an excellent review for the pharmacology questions on the NCLEX examination Current accurate content ensures that the most current drugs and treatment protocols are presented Application of the nursing process includes general principles of nursing care for each disorder along with nursing considerations for drug treatment plans An emphasis on safe drug handling and administration includes High Alert and Do Not Confuse icons as well as Medication Safety Alert boxes A focus

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Nutrition in Clinical Practice David L. Katz, 2014-07-28 Written by one of America's foremost authorities in preventive medicine Nutrition in Clinical Practice is the practical comprehensive evidence based reference that all clinicians need to offer patients effective appropriate dietary counseling Each chapter concludes with concise guidelines for counseling and treatment based on consensus and the weight of evidence Appendices include clinically relevant formulas nutrient data tables patient specific meal planners and print and Web based resources for clinicians and patients Enhanced coverage of probiotics health effects of soy and other topics Information derived from a rigorous analysis of the published literature New chapter on food processing New chapter on functional foods New chapter on nutritional profiling systems Short chapters written for the busy clinician who needs actionable information **Bibliographic Guide to Theatre Arts** New York Public Library. Research Libraries, 1985 **Nutrition and Integrative Medicine** Aruna Bakhru, 2018-08-06 While medical professionals continue to practice traditional allopathic medicine the public has turned toward nutritional and integrative medical therapies especially for addressing the proliferation of chronic diseases Written by leaders in the academic and scientific world Nutrition and Integrative Medicine A Primer for Clinicians presents various modalities to help restore health This book provides users with a guide to evaluating and recommending nutritional and integrative therapies The book offers insights on the microbiome of the human body examines the relationship of human health to the microbiome of the food we ingest and introduces the concept of food as information It provides enlightenment on anti aging and healing modalities mind body medicine and an investigation of psychological trauma as related to disease causation Integrative therapies including water light and sound therapy are explored and information on healing chronic disease through nutrition the tooth body connection the role of toxins in disease causation and electromagnetic field hypersensitivity as well as its management is presented *Evidence-based Medicine for PDAs* Allan F. Platt, 2009 Accompanying CD ROM contains an audio visual tutorial with demonstrations Page 4 of cover *Bibliographic Guide to Music* New York Public Library. Music Division, 1987

Burket's Oral Medicine, 12th Edition Michael Glick, 2015-01-01 Inherently interdisciplinary the field of oral medicine continues to incorporate and apply new knowledge and techniques to the care of patients For nearly 70 years Burket's Oral

Medicine has been the principal text for all major aspects of oral medicine from the basic science to clinical practice This 12th edition continuous to serve as the authoritative source of information for students residents and clinicians interested in the field of oral medicine Through the addition of new chapters and substantial new material the 12th edition of the book significantly advances the understanding of today s practice of oral medicine Research findings are produced at a rapid pace and are readily accessible from a variety of sources A chapter on clinical research has been added to the book to help readers interpret how scientific findings reported in the literature impact their practice Awareness of the unique aspects of oral health needs for the elderly infants and young children prompted the inclusion of two new chapters introducing the fields of geriatric and pediatric oral medicine Two other original chapters on radiologic interpretations and complications of nonsurgical cancer therapy complement in more detail other broader topics addressed in the book The 12th edition of Burket s Oral Medicine continues the tradition of this text in providing students residents and experienced practitioners with access to the expertise and experience of an international group of clinical scholars who are recognized experts in the increasingly complex field of diagnosis and medical management of maxillofacial disease and dental treatment of medically complex patients Introduction to Clinical Pharmacology - E-Book Marilyn Winterton Edmunds,2015-02-13 NEW Review of math and drug dosage calculation on the Evolve companion website provides hands on practice with essential pharmacology

Introductory Medical-Surgical Nursing Barbara K. Timby,Nancy E. Smith,2013-08-19 This 11th Edition of Timby and Smith s popular text equips LPN LVN students with the practical knowledge and skills necessary to provide safe and effective nursing care to today s medical surgical clients Now enhanced with new research techniques and clinical competencies exciting new concept maps that help students focus and think critically about their clients a new art program featuring hundreds of illustrations and photographs new evidence based practice boxes and new NCLEX PN questions the 11th edition prepares students to manage nursing care of clients in today s changing healthcare environments and eases the transition from classroom to clinical practice The Intelligent Microcomputer Roy W. Goody,1986 Computerworld ,1974-09-25

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Biodiversity and Ecological Impacts of Natural and Anthropogenic stressors in Tropical Reef Systems Michael Yu Roleda,Yehuda Benayahu,2024-04-18 The Philippines is located in a region called the Coral Triangle an area of exceptional importance as it is recognized as the global center for marine biodiversity Within this region the Philippines is also known as

the center of this center The marine resources are made up of coral reefs seagrass beds seaweeds invertebrates fisheries and many others Unfortunately the Philippines is facing challenges to conserve its marine biodiversity due to overfishing destructive fishing practices and mariculture derived eutrophication and coastal acidification among others These human activities coupled with climate change pose serious threats and possible decimation of its marine biodiversity

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