



Reference Card from the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7)

EVALUATION

CLASSIFICATION OF BLOOD PRESSURE (BP)*

CATEGORY	SBP mmHg	and	DBP mmHg
Normal	<120	and	<80
Prehypertension	120–139	or	80–89
Hypertension, Stage 1	140–159	or	90–99
Hypertension, Stage 2	≥160	or	≥100

* See Blood Pressure Measurement Techniques (reverse side).
 Note: SBP = systolic blood pressure; DBP = diastolic blood pressure.

DIAGNOSTIC WORKUP OF HYPERTENSION

- Assess risk factors and comorbidities.
- Reveal identifiable causes of hypertension.
- Assess presence of target organ damage.
- Conduct history and physical examination.
- Obtain laboratory tests: urinalysis, blood glucose, hematocrit and lipid panel, serum potassium, creatinine, and calcium. Optional: urinary albumin/creatinine ratio.
- Obtain electrocardiogram.

ASSESS FOR MAJOR CARDIOVASCULAR DISEASE (CVD) RISK FACTORS

- Hypertension
- Obesity (body mass index ≥30 kg/m²)
- Dyslipidemia
- Diabetes mellitus
- Cigarette smoking
- Physical inactivity
- Microalbuminuria, estimated glomerular filtration rate <60 mL/min
- Age <55 for men, >65 for women
- Family history of premature CVD (men age <55, women age <65)

ASSESS FOR IDENTIFIABLE CAUSES OF HYPERTENSION

- Sleep apnea
- Drug-induced/habitual
- Chronic kidney disease
- Primary aldosteronism
- Renovascular disease
- Cushing's syndrome or steroid therapy
- Phochromocytoma
- Coarctation of aorta
- Thyroid/parathyroid disease



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
 National Institutes of Health
 National Heart, Lung, and Blood Institute

BLOOD PRESSURE MEASUREMENT TECHNIQUES

Method	Notes
In-office	Two readings, 5 minutes apart, sitting in chair. Confirm elevated reading in contralateral arm.
Ambulatory BP monitoring	Indicated for evaluation of "white coat hypertension." Absence of 10–20 percent BP decrease during sleep may indicate increased CVD risk.
Patient self-check	Provides information on response to therapy. May help improve adherence to therapy and is useful for evaluating "white coat hypertension."

CAUSES OF RESISTANT HYPERTENSION

- Inaccurate BP measurement
- Excess sodium intake
- Inadequate diuretic therapy
- Medication
 - Inadequate doses
 - Drug actions and interactions (e.g., nonsteroidal anti-inflammatory drugs [NSAIDs], illicit drugs, sympathomimetics, oral contraceptives)
 - Over-the-counter (OTC) drugs and herbal supplements
- Excess alcohol intake
- Identifiable causes of hypertension (see reverse side)

COMPPELLING INDICATIONS FOR INDIVIDUAL DRUG CLASSES

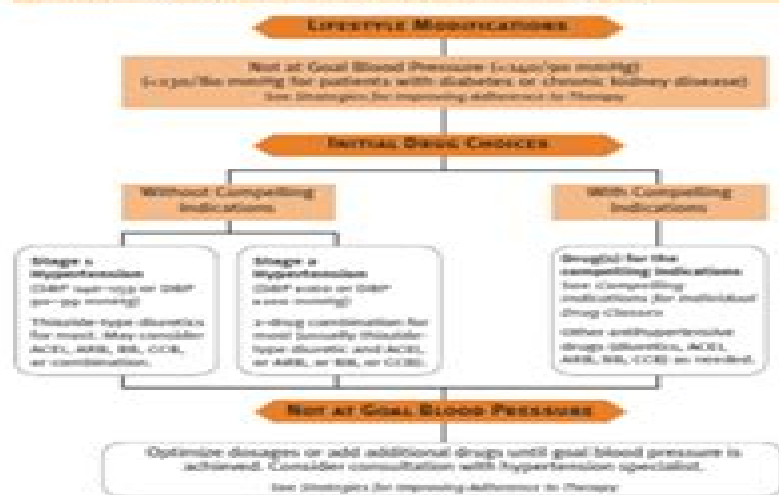
Compelling Indication	Initial Therapy Options
Heart failure	THIAZ, BB, ACEI, ARB, ALDO ANT
Post myocardial infarction	BB, ACEI, ALDO ANT
High CVD risk	THIAZ, BB, ACEI, CCB
Diabetes	THIAZ, BB, ACEI, ARB, CCB
Chronic kidney disease	ACEI, ARB
Recurrent stroke prevention	THIAZ, ACEI

TREATMENT

PRINCIPLES OF HYPERTENSION TREATMENT

- Treat to BP <140/90 mmHg or BP <130/80 mmHg in patients with diabetes or chronic kidney disease.
- Majority of patients will require two medications to reach goal.

ALGORITHM FOR TREATMENT OF HYPERTENSION



PRINCIPLES OF LIFESTYLE MODIFICATION

- Encourage healthy lifestyles for all individuals.
- Prescribe lifestyle modifications for all patients with prehypertension and hypertension.
- Components of lifestyle modifications include weight reduction, DASH eating plan, dietary sodium reduction, aerobic physical activity, and moderation of alcohol consumption.

LIFESTYLE MODIFICATION RECOMMENDATIONS

MODIFICATION	RECOMMENDATION	AVG. SBP REDUCTION RANGE*
Weight reduction	Maintain normal body weight (body mass index, 18.5–24.9 kg/m ²)	5–20 mmHg/10 kg
DASH eating plan	Adopt a diet rich in fruits, vegetables, and low-fat dairy products with reduced content of saturated and total fat.	8–14 mmHg
Dietary sodium reduction	Reduce dietary sodium intake to ≤100 mmol per day (2.4 g sodium or 6 g sodium chloride).	2–8 mmHg
Aerobic physical activity	Regular aerobic physical activity (e.g., brisk walking) at least 30 minutes per day, most days of the week.	4–9 mmHg
Moderation of alcohol consumption	Men: limit to ≤2 drinks [†] per day. Women and lighter weight persons: limit to ≤1 drink [†] per day.	2–4 mmHg

* 1 drink = 12 oz or 355 mL ethanol (e.g., 12 oz beer, 5 oz wine, 1.5 oz 40% alcohol whiskey).

† Effects are dose and time dependent.



Jnc Reference Card

Beverly Ann Davenport



Jnc Reference Card:

Hypertension Management for the Primary Care Clinician Alan H. Mutnick, 2004 The book combines comprehensive coverage of various aspects of hypertension with guidance in conveying important concepts knowledge and advice to patients The result is a highly useful tool for achieving clinically successful cost effective pharmaceutical care for hypertensive patients and for reducing the morbidity and mortality associated with this devastating disease state Book jacket Varney's Midwifery Julia Phillippi, Ira Kantrowitz-Gordon, 2023-09-25 Varney's Midwifery continues to be the gold standard for midwifery practice in an updated seventh edition New lead editors assembled a team of expert contributors and authors to continue the legacy of Varney's Midwifery as the trusted must have resource for students professional midwives and women's health practitioners Varney's Midwifery uses current evidence based guidelines to address the care of women throughout the lifespan including primary care gynecology maternity care in a variety of settings and newborn care The Seventh Edition reflects the new Core Competencies for Basic Midwifery Practice published in 2020 including care of transgender individuals and abortion related care It also provides updated information on chronic conditions in pregnancy including a section discussing COVID 19 new techniques for fetal screening diagnosis across the lifespan and updated content on health equity

Slope Stability Reference Guide for National Forests in the United States, 1994 **Exotic Fruits Reference Guide** Sueli Rodrigues, Ebenezer de Oliveira Silva, Edy Sousa de Brito, 2018-01-05 Exotic Fruits Reference Guide is the ultimate most complete reference work on exotic fruits from around the world The book focuses on exotic fruit origin botanical aspects cultivation and harvest physiology and biochemistry chemical composition and nutritional value including phenolics and antioxidant compounds This guide is in four color and contains images of the fruits in addition to their regional names and geographical locations Harvest and post harvest conservation as well as the potential for industrialization are also presented as a way of stimulating interest in consumption and large scale production Covers exotic fruits found all over the world described by a team of global contributors Provides quick and easy access to botanical information biochemistry fruit processing and nutritional value Features four color images throughout for each fruit along with its regional name and geographical location Serves as a useful reference for researchers industrial practitioners and students *Quick Reference to Clinical Dietetics* Lucinda K. Lysen, 2006 Quick Reference To Clinical Dietetics Second Edition Is An Easy To Use Research Based Text That Focuses On The Latest Topics In Nutrition Management Designed For Quick Access And Clear Guidance This Practical Book Is A Must For Those Working In Both Inpatient And Outpatient Settings Each Section Is Written By A Leading Nutrition Expert And Offers Step By Step Guidelines For Nutrition Screening And Assessment Including Physical Assessment Nutrition Intervention And Follow Up Updates To The Second Edition Include New Information On Gastric Bypass From The Medical Director Of The Gastric Bypass Program At Beth Israel Deaconess Medical Center In Boston Coding And Reimbursement For Medical Nutrition Therapy A New Chapter On Dietary Supplements And Complementary

And Alternative Approaches Current Coverage Of Low Controlled Carbohydrate Diets Including The Atkins Diet Weight Loss Strategies From Barry Sears Zone Diet Creator And 46 Appendices Offer Helpful Charts And Tables For Reference *Drug Information: A Guide for Pharmacists, Fourth Edition* Patrick Malone, Karen Kier, John Stanovich, 2011-08-17 Everything pharmacists need to know about drug information management *Drug Information A Guide for Pharmacists Fourth Edition* teaches students and professionals how to research interpret evaluate collate and disseminate drug information in the most effective and efficient manner possible Updated throughout the book also addresses other important issues such as the legal and ethical considerations of providing information how to respond to requests for information and how to determine what information should be made available *Drug Information A Guide for Pharmacists Fourth Edition* covers essential topics such as Formulating effective responses and recommendations for information Evaluation of drug literature The application of statistical analysis in the biomedical sciences Drug evaluation monographs Adverse drug reactions Medication and patient safety Investigational drugs New to this edition Five new chapters Policy Development Project Design and Implementation Drug Information in Ambulatory Care Drug Information and Contemporary Community Pharmacy Practice Drug Information Education and Training and Pharmaceutical Industry and Regulatory Affairs Opportunities for Drug Information Specialists Key Concepts have been added to the beginning of each chapter and are identified with icons in the chapter text Case Studies and multiple choice questions have been added to most chapters Twenty two appendices include Drug Consultation Request Form Performing a PubMed Search Questions for Assessing Clinical Trials and Questions to Consider for Critique of Primary Literature **Understanding Nursing Research - eBook** Nancy Burns, Susan K. Grove, 2010-09-20 Learn how to evaluate and apply research with the 1 nursing research book *Understanding Nursing Research Building an Evidence Based Practice* is known for its authoritative content a time tested step by step approach and abundant use of research examples With improved clarity and readability the new edition strengthens its focus on evidence based practice to better demonstrate how the steps of the research process relate to evidence based nursing Written by two of the leaders in the field of nursing research Nancy Burns and Susan K Grove this full color text offers unique insights into understanding appraising and applying published research to evidence based practice Authoritative content is written by two of the true pioneers in nursing research who offer unique first hand insights into the field Research examples provide practice in working with published studies with many of the examples including Critical Appraisal and Implications for Practice sections A clear step by step organization introduces the research process and demonstrates how this systematic framework relates to evidence based practice An expanded emphasis on evidence based practice helps you develop skills in studying and appraising published research so you are prepared for your role in working with research evidence Enhanced coverage of qualitative research allows prepares you to approach research questions and clinical questions with an unbiased view of the researcher's methodology Two different appraisal processes are included A traditional in depth critical appraisal process prepares you

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