

Table 1. Comparison of Current Recommendations With JNC 7 Guidelines

Topic	JNC 7	2014 Hypertension Guideline
Methodology	Non systematic literature review by expert committee including a range of study designs Recommendations based on consensus	Critical questions and review criteria defined by expert panel with input from methodology team Initial systematic review by methodologists restricted to RCT evidence Subsequent review of RCT evidence and recommendations by the panel according to a standardized protocol
Definitions	Defined hypertension and prehypertension	Definitions of hypertension and prehypertension not addressed, but thresholds for pharmacologic treatment were defined
Treatment goals	Separate treatment goals defined for “uncomplicated” hypertension and for subsets with various comorbid conditions (diabetes and CKD)	Similar treatment goals defined for all hypertensive populations except when evidence review supports different goals for a particular subpopulation
Lifestyle recommendations	Recommended lifestyle modifications based on literature review and expert opinion	Lifestyle modifications recommended by endorsing the evidence-based Recommendations of the Lifestyle Work Group
Drug therapy	Recommended 5 classes to be considered as initial therapy but recommended thiazide-type diuretics as initial therapy for most patients without compelling indication for another class Specified particular antihypertensive medication classes for patients with compelling indications, ie, diabetes, CKD, heart failure, myocardial infarction, stroke, and high CVD risk Included a comprehensive table of oral antihypertensive drugs including names and usual dose ranges	Recommended selection among 4 specific medication classes (ACEI or ARB, CCB or diuretics) and doses based on RCT evidence Recommended specific medication classes based on evidence review for racial, CKD, and diabetic subgroups Panel created a table of drugs and doses used in the outcome trials
Scope of topics	Addressed multiple issues (blood pressure measurement methods, patient evaluation components, secondary hypertension, adherence to regimens, resistant hypertension, and hypertension in special populations) based on literature review and expert opinion	Evidence review of RCTs addressed a limited number of questions, those judged by the panel to be of highest priority.
Review process prior to publication	Reviewed by the National High Blood Pressure Education Program Coordinating Committee, a coalition of 39 major professional, public, and voluntary organizations and 7 federal agencies	Reviewed by experts including those affiliated with professional and public organizations and federal agencies; no official sponsorship by any organization should be inferred

Abbreviations: ACEI, angiotensin-converting enzyme inhibitor; ARB, angiotensin receptor blocker; CCB, calcium channel blocker; CKD, chronic

kidney disease; CVD, cardiovascular disease; JNC, Joint National Committee; RCT, randomized controlled trial

Jnc Guidelines Quick Reference

Sabine Zange



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Table of Contents Jnc Guidelines Quick Reference

1. Understanding the eBook Jnc Guidelines Quick Reference
 - The Rise of Digital Reading Jnc Guidelines Quick Reference
 - Advantages of eBooks Over Traditional Books
2. Identifying Jnc Guidelines Quick Reference
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Jnc Guidelines Quick Reference
 - User-Friendly Interface
4. Exploring eBook Recommendations from Jnc Guidelines Quick Reference
 - Personalized Recommendations
 - Jnc Guidelines Quick Reference User Reviews and Ratings
 - Jnc Guidelines Quick Reference and Bestseller Lists
5. Accessing Jnc Guidelines Quick Reference Free and Paid eBooks

- Jnc Guidelines Quick Reference Public Domain eBooks
- Jnc Guidelines Quick Reference eBook Subscription Services
- Jnc Guidelines Quick Reference Budget-Friendly Options
- 6. Navigating Jnc Guidelines Quick Reference eBook Formats
 - ePub, PDF, MOBI, and More
 - Jnc Guidelines Quick Reference Compatibility with Devices
 - Jnc Guidelines Quick Reference Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Jnc Guidelines Quick Reference
 - Highlighting and Note-Taking Jnc Guidelines Quick Reference
 - Interactive Elements Jnc Guidelines Quick Reference
- 8. Staying Engaged with Jnc Guidelines Quick Reference
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Jnc Guidelines Quick Reference
- 9. Balancing eBooks and Physical Books Jnc Guidelines Quick Reference
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Jnc Guidelines Quick Reference
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Jnc Guidelines Quick Reference
 - Setting Reading Goals Jnc Guidelines Quick Reference
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Jnc Guidelines Quick Reference
 - Fact-Checking eBook Content of Jnc Guidelines Quick Reference
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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