

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 8 Quick Reference

**M Tight**



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