

# SUGGESTED GUIDELINES FOR THE MANAGEMENT OF HYPERTENSION

Based on JNC-VII, full text guideline available at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

## EVALUATION

### CLASSIFICATION OF BLOOD PRESSURE (BP)

Category	SBP mmHg		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

### DIAGNOSTIC WORKUP OF HYPERTENSION

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

### ASSESS FOR MAJOR CARDIOVASCULAR DISEASE (CVD) RISK FACTORS

- Hypertension
- Dyslipidemia
- Cigarette smoking
- Microalbuminuria, estimated glomerular filtration rate <60 mL/min
- Obesity (body mass index  $\geq 30$  kg/m<sup>2</sup>)
- Diabetes mellitus
- Physical inactivity
- Family history of premature CVD (men age <55, women age <65)
- Age (>55 for men, >65 for women)

### ASSESS FOR IDENTIFIABLE CAUSES OF HYPERTENSION

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

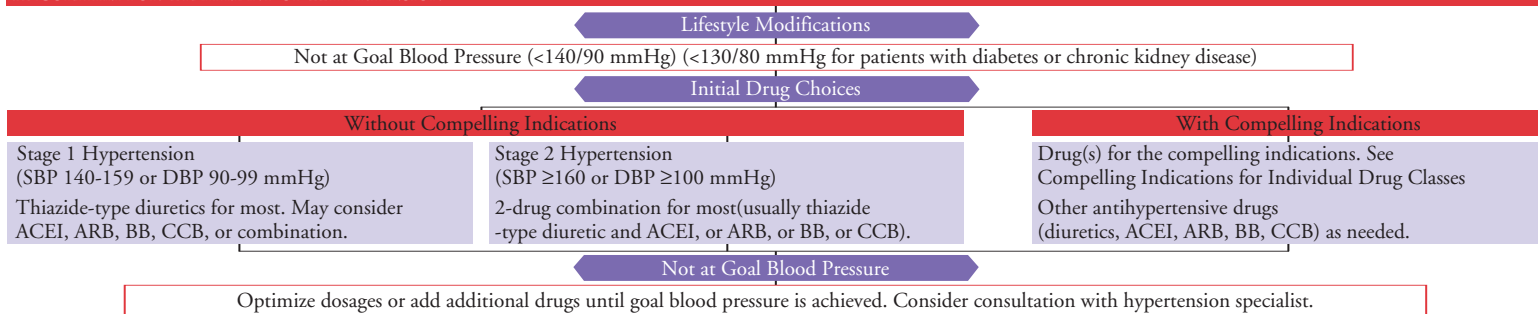
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## TREATMENT

### 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



### COMPELLING INDICATIONS FOR INDIVIDUAL DRUG CLASSES

#### Compelling Indication

- Heart Failure
- Post myocardial infarction
- High CVD risk

#### Initial Therapy Options

THIAZ, BB, ACEI, ARB, ALDO ANT  
BB, ACEI, ALDO ANT  
THIAZ, BB, ACEI, CCB

#### Compelling Indication

- Diabetes
- Chronic kidney disease
- Recurrent stroke prevention

#### Initial Therapy Options

THIAZ, BB, ACEI, ARB, CCB  
ACEI, ARB  
THIAZ, ACEI

Key: THIAZ = thiazide diuretic, ACEI = angiotensin converting enzyme inhibitor, ARB = angiotensin receptor blocker, BB = beta blocker, CCB = calcium channel blocker, ALDO ANT = aldosterone antagonist

HeartCare is a Health Management Program available to ConnectiCare members 18 years or older diagnosed with coronary artery disease. To enroll a member in HeartCare, call **1-800-390-3522**. To find out more information about ConnectiCare's Health Management Programs, refer to ConnectiCare's Physician & Provider Manual or [www.connecticare.com](http://www.connecticare.com).

