



HYPERTENSION CLINICAL PRACTICE GUIDELINES

The following guideline is applicable to patients age 18 and older who have a diagnosis of Hypertension (HTN). This guideline seeks to reflect current evidence based recommendations and treatment trends.

For these patients, their medical record will contain documentation of the following:

I. Diagnosis

Hypertension or high blood pressure is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure, and other health problems.

II. Classification

- A. Normal <120/80
- B. Prehypertension 120-139 over 80-89
- C. Stage 1 140-159 over 90-99
- D. Stage 2 >160 over >100
- E. Blood pressure measurement with verification in the contralateral arm

III. Assessment

- A. 12-lead electrocardiogram
- B. Urinalysis
- C. Blood glucose, hemocrit, serum potassium, creatinine, lipid profile
- D. Goal of Blood Pressure (BP) therapy
 - 1. 18 to 59 years of age <140/90
 - 2. > 60 years of age <150/90
 - 3. Based on the SPRINT trial, a more aggressive target of systolic blood pressure less than 120 mm Hg should be considered
- E. Patients with pre-hypertension, who also have diabetes or kidney disease should be considered candidates for appropriate drug therapy if trial of lifestyle modification fails to adequately reduce BP
- F. Patients with Stage 1 and Stage 2 to be treated with medication

IV. Treatment

- A. Assess lifestyle habits, including:
 - 1. Smoking status
 - 2. Physical activity and exercise
- B. Nutritional counseling, including:
 - 1. Maintenance of a healthy Body Mass Index (BMI)
 - a. Age 18-64 target ≥ 18.5 and <25
 - b. Age 65 years and older target ≥ 23 and <30
 - 2. Waist circumference goal for men less than 40 inches, women less than 35 inches
 - 3. Instructions on the DASH eating plan



4. Referral to a nutritionist or dietitian, as needed

V. Preventive Measures

- A. Patient education about appropriate home monitoring of blood pressure
- B. Patients carrying an up-to-date medication list
- C. Patient education about signs and symptoms of MI, heart failure and stroke
- D. Influenza vaccine having been provided within the past year
- E. Patients 19-64 years of age who smoke to be evaluated for pneumococcal vaccine

Reference

James, P. A., Oparil, S., Carter, B. L., Cushman, W. C., Dennison-Himmelfarb, C., Handler, J., ... & Smith, S. C. (2014). 2014 evidence-based guideline for the management of high blood pressure in adults: report from the panel members appointed to the Eighth Joint National Committee (JNC 8). *JAMA*, 311(5), 507-520.

SPRINT Research Group. (2015). A randomized trial of intensive versus standard blood-pressure control. *N Engl J Med*, 2015(373), 2103-2116.

Understanding Blood Pressure Readings. (n.d.). Retrieved September 20, 2016, from https://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp?appName=MobileApp

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