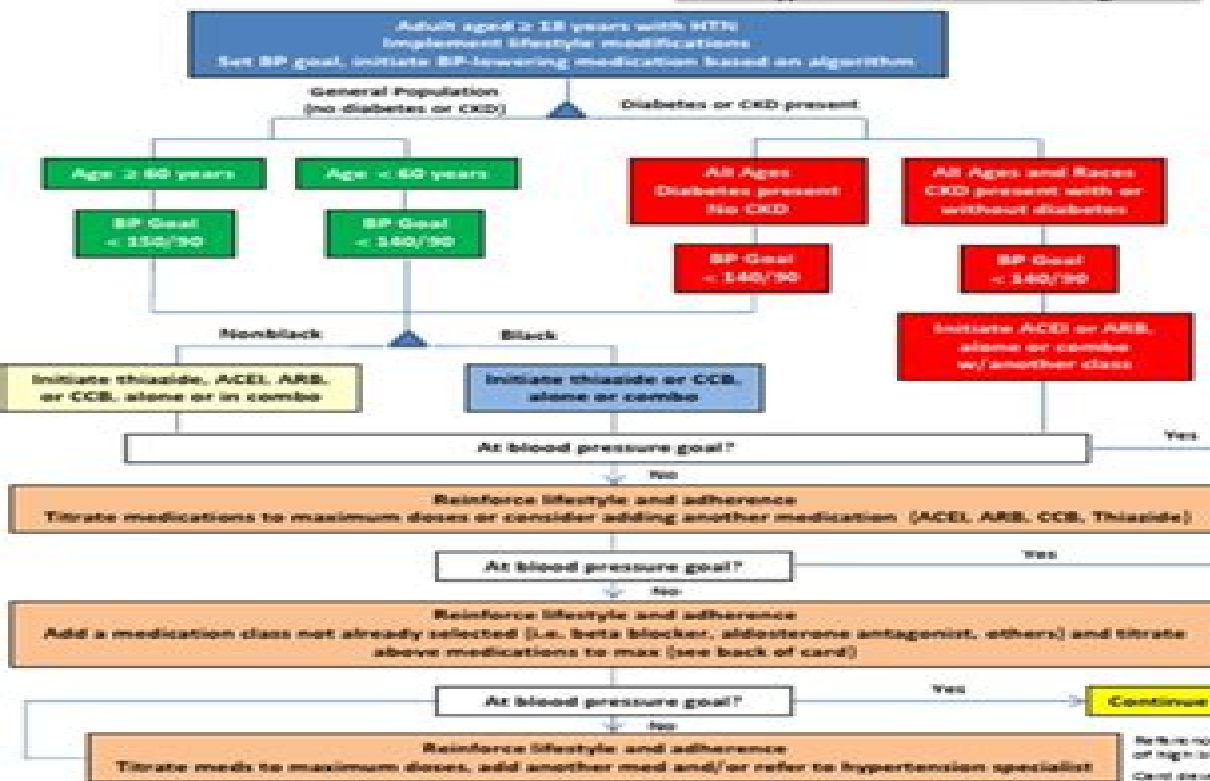


JNC 8 Hypertension Guideline Algorithm



- Initial Drugs of Choice for Hypertension**
- ACE inhibitor (ACEI)
 - Angiotensin receptor blocker (ARB)
 - Thiazide diuretic
 - Calcium channel blocker (CCB)

Strategy	Description
A	Start one drug, titrate to maximum dose, and then add a second drug.
B	Start one drug, then add a second drug before achieving max dose of first.
C	Begin 2 drugs at same time, as separate pills or combination pill. Initial combination therapy is recommended if BP is greater than 20/10 mm Hg above goal.

- Lifestyle changes:**
- Smoking Cessation
 - Control blood glucose and lipids
 - Diet
 - ✓ Eat healthy (i.e., DASH diet)
 - ✓ Moderate alcohol consumption
 - ✓ Reduce sodium intake to no more than 2,400 mg/day
 - Physical activity
 - ✓ Moderate-to-vigorous activity 3-4 days a week averaging 40 min per session.

Reference: James PA, Oparil S, et al. 2014 evidence-based guideline for the management of high blood pressure in adults: (JNC 8). JAMA. 2014 Feb 27;311(8):507-20.
Card developed by Cole Grimm, Pharm D, & James L Taylor, Pharm D.

Competing Indications	
Indication	Treatment Choice
Heart Failure	ACEI/ARB + BB + diuretic + spironolactone
Post-MI/Clinical CAD	ACEI/ARB AND BB
CAD	ACEI, BB, diuretic, CCB
Diabetes	ACEI/ARB, CCB, diuretic
CKD	ACEI/ARB
Recurrent stroke prevention	ACEI, diuretic
Pregnancy	labetolol (first line), nifedipine, methyldopa

Hypertension Treatment

- Beta-1 Selective Beta-blockers** – possibly safer in patients with COPD, asthma, diabetes, and peripheral vascular disease:
- metoprolol
 - bisoprolol
 - betaxolol
 - acebutolol

Drug Class	Agents of Choice	Comments
Diuretics	HCTZ 12.5-50mg, chlorthalidone 12.5-25mg, indapamide 1.25-2.5mg K ⁺ sparing – spironolactone 25-50mg, amiloride 5-10mg, triamterene 100mg furosemide 20-80mg twice daily, torsemide 10-40mg	Monitor for hypokalemia Most SE are metabolic in nature Most effective when combined w/ ACEI Stronger clinical evidence w/ chlorthalidone Spironolactone – gynecomastia and hyperkalemia Loop diuretics may be needed when GFR <40mL/min
ACEI/ARB	ACEI: lisinopril, benazepril, fosinopril and quinapril 10-40mg, ramipril 5-10mg,trandolapril 2-8mg ARB: candesartan 8-32mg, valsartan 80-320mg, losartan 50-100mg, olmesartan 20-40mg, telmisartan 20-80mg	SE: Cough (ACEI only), angioedema (more with ACEI), hyperkalemia Losartan lowers uric acid levels; candesartan may prevent migraine headaches
Beta-Blockers	metoprolol succinate 50-100mg and tartrate 50-100mg twice daily, nebivolol 5-10mg, propranolol 40-120mg twice daily, carvedilol 6.25-25mg twice daily, bisoprolol 5-10mg, labetalol 100-300mg twice daily.	Not first line agents – reserve for post-MI/OHF Cause fatigue and decreased heart rate Adversely affect glucose; mask hypoglycemic awareness
Calcium channel blockers	Dihydropyridines: amlodipine 5-10mg, nifedipine ER 30-60mg, Non-dihydropyridines: diltiazem ER 180-360 mg, verapamil 80-120mg 3 times daily, or ER 240-480mg	Cause edema; dihydropyridines may be safely combined w/ B-blocker Non-dihydropyridines reduce heart rate and constrict

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