

# Information for Re-entry Providers

## 2020 AMBULATORY CARE HYPERTENSION GUIDELINES

**Presentation:** An adult patient presents to the clinic with multiple readings of blood pressure >130/80

**Screening:** A non-hypertensive adult should be screened once a year for HTN

**Diagnosis:** Confirm with out-of-office measurement of BP to rule out white coat HTN. If not available, perform 3 serial in office measurements.

SYSTOLIC BLOOD PRESSURE (mm Hg)	AND/OR	DIASTOLIC BLOOD PRESSURE (mm Hg)	JOINT NATIONAL COMMITTEE 7	2017 GUIDELINES
< 120	and	< 80	Normal blood pressure	Normal blood pressure
120-129	and	< 80	Prehypertension	Elevated blood pressure
130-139	or	80-89	Prehypertension	Stage 1 hypertension
140-159	or	90-99	Stage 1 hypertension	Stage 2 hypertension
≥ 160	or	≥ 100	Stage 2 hypertension	Stage 2 hypertension

Blood pressure should be based on an average of more than 2 careful readings on more than 2 occasions. Adults with systolic blood pressure or diastolic blood pressure in 2 categories should be designated to the higher blood pressure category.



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### TREATMENT

- **Non-Pharmacological:** DASH diet, salt restriction, weight loss, K+ supplementation, exercise
- **Pharmacological Therapy:**
  - Ace-Inhibitors (Ex. lisinopril)
  - Aldosterone Receptor Antagonists (Ex. valsartan)
  - Thiazide/Thiazide-like diuretics (Ex. hydrochlorothiazide)
  - Long acting Ca<sup>2+</sup> channel blockers (Ex. amlodipine)

DRUG	INITIAL DOSING	TYPICAL DOSING RANGE
lisinopril	10 mg PO QD	20-40 mg per day
valsartan	80 mg PO QD	80-320 mg per day
hydrochlorothiazide	12.5 mg PO QD	12.5-50 mg per day

- If >15 mmHg above goal BP, combination therapy should be initiated (combination therapy has much greater effects than doubling dose of single agent)
- If BP remains uncontrolled after initial medication, consider one of the medications not yet prescribed, e.g. ACE inhibitor or ARB with a Ca<sup>2+</sup> channel blocker or a thiazide-like diuretic
- If BP uncontrolled after starting 2 medications, consider further consultation resources such as phone consultation.

### References

- Casey et al. 2019 AHA/ACC Clinical Performance and Quality Measures for Adults with High Blood Pressure: A Report of the American College of Cardiology/American Heart Association Task Force on Performance Measures. *Circulation: Cardiovascular Quality and Outcomes* 2019, 12.
- UptoDate. Overview of Hypertension in Adults. 2020.
- Carey et al. Resistant Hypertension: Detection, Evaluation, and Management: A Scientific Statement from the American Heart Association. *Hypertension* 2018, 72.
- Medscape Antihypertensive Medications.