

EDUCATION GRAM™
Recommendations for The Treatment Of Hypertension: JNC VIII
Vol. 14 No. 04 | February 2016

NEW GOALS FOR TREATMENT OF HYPERTENSION IN 18 YEARS OLD AND OLDER:

Category	Goal (mm/Hg)
< 60 years old	<140/90
≥ 60 years old	<150/90
Diabetes or Chronic Kidney Disease (CKD)*	<140/90

*Indicated as CKD Stage III (GFR <60 mL/min/1.73 m²) or albuminuria >30 mg albumin/g of creatinine at any level of GFR

Treatment Options:

Category	First-Line Treatment	2nd-Line Treatment	3rd-Line Treatment
Non-African American* Non-Diabetic Non-CKD	Ace-inhibitors (ACE-I), Angiotensin-receptor blocker (ARB), Calcium-channel blocker (CCB), or Thiazide-type Diuretic	If BP goals has not been reached in <u>1 month</u> , titrating current dose or adding a 2 nd /3 rd medication of available first line options is recommended. Note: ACE/ARB combination is <u>NOT</u> recommended.	Additional BP reduction classes may be added to first-line options (eg. Beta-blockers, aldosterone antagonists, alpha-2 agonists, vasodilators)
African American	CCB or Thiazide-diuretic		
Diabetes	ACE-I or ARB		
CKD	ACE-I or ARB		
African American with CKD (+proteinuria)**	ACE-I or ARB		
African American with CKD (- proteinuria)	CCB or Thiazide-type diuretic, ACE-I, or ARB		

*Recommendations are indicated for non-specific hypertensive populations. Use with caution for coronary artery disease or heart failure patients.

**Indicated as CKD Stage III (GFR <60 mL/min/1.73 m²) and albuminuria >30 mg albumin/g of creatinine at any level of GFR

COST-BENEFICIAL ALTERNATIVES:

ACE Inhibitors (ACEI):	Benazepril (Lotensin), Moexipril (Univasc), Lisinopril (Zestril)
Beta-Blockers (BB)*:	Atenolol (Tenormin), Metoprolol Succinate (Toprol XL)
Calcium Channel Blockers (CCB):	Verapamil, Nifedipine CC (Adalat CC), Felodipine (Plendil)
Diuretics:	HCTZ, Chlortalidone

*BBs are no longer recommended as first-line therapy in JNC8

Patient Education Notes: 1. Urge your patients to ask for multisource products when they fill their prescriptions. 2. Use OTC medications for symptomatic treatment whenever appropriate. 3. Triage patients to their Pharmacist for counseling about self-treatment.

References:

James PA, Oparil S, Carter BL, et al. 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*. 2014;311(5):507-520. doi:10.1001/jama.2013.284427