

HYPERTENSION CLINICAL PRACTICE GUIDELINES

The following guidelines are applicable for patients age 18 and older who have a diagnosis of Hypertension (HTN). For these patients, their medical record will contain documentation of the following:

1. Classification of blood pressure:
 - a. Normal- <120/80
 - b. Prehypertension- 120-139 over 80-90
 - c. Stage 1 -140-159 over 90
 - d. Stage 2- ≥ 160 over ≥ 100
 - e. Blood pressure measurement with verification in the contralateral arm

2. Clinical assessments to include:
 - a. 12-lead electrocardiogram
 - b. Urinalysis
 - c. Blood glucose, hemocrit, serum potassium, creatinine, lipid profile
 - d. Goal of BP therapy: Patient without diabetes and kidney disease less than 140/90
Patients with diabetes and chronic kidney disease less than 130/80
 - e. Patients with prehypertension, who also have diabetes or kidney disease should be considered candidates for appropriate drug therapy if trial of lifestyle modification fails to reduce BP to 130/80
 - f. Patients with Stage 1 and Stage 2 to be treated with medication

3. Precautionary measures including:
 - 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

4. Assess lifestyle habits, including:
 - a. Smoking status
 - b. Physical activity and exercise

5. Nutritional counseling, including:
 - a. Maintenance of a healthy BMI between 18.5 and 24.9
 - b. Waist circumference goal for men less than 40 inches, women less than 35 inches
 - c. Instructions on the DASH eating plan
 - d. Referral to a nutritionist or dietitian, as needed

6. Influenza vaccine having been provided within the past year

7. Patients 19-64 years of age who smoke to be evaluated for pneumococcal vaccine

Source: NIH-The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure NIH Pub No 04-5230