

Blood Pressure Classification

	SBP mm Hg		DBP mm Hg
Normal	<120	and	<80
Prehypertension	120-139	or	80-89
Stage 1 Hypertension	140-159	or	90-99
Stage 2 Hypertension	≥ 160	or	≥100

Goal Blood Pressure (mm Hg)

	JNC 7	VA-DoD
• Most patients:	<140/90	same
• Diabetes:	<130/80	<140/80
• CKD:	<130/80	<140/90

CKD = chronic kidney disease

BP Goals, cont

- VA-DoD blood pressure goals for diabetes and renal disease are based on current clinical trial evidence.
- The lower goals in JNC 7 are reasonable to consider, but are based on observational studies.
- The VA-DoD goals should be a high priority in DM & CKD patients.
- Once these goals are achieved, the provider may then consider the lower goals recommended in JNC 7.

Action to COntrol Cardiovascular Risk in Diabetes (ACCORD)

10,000 Subjects With Type 2 Diabetes

Double 2×2 Design

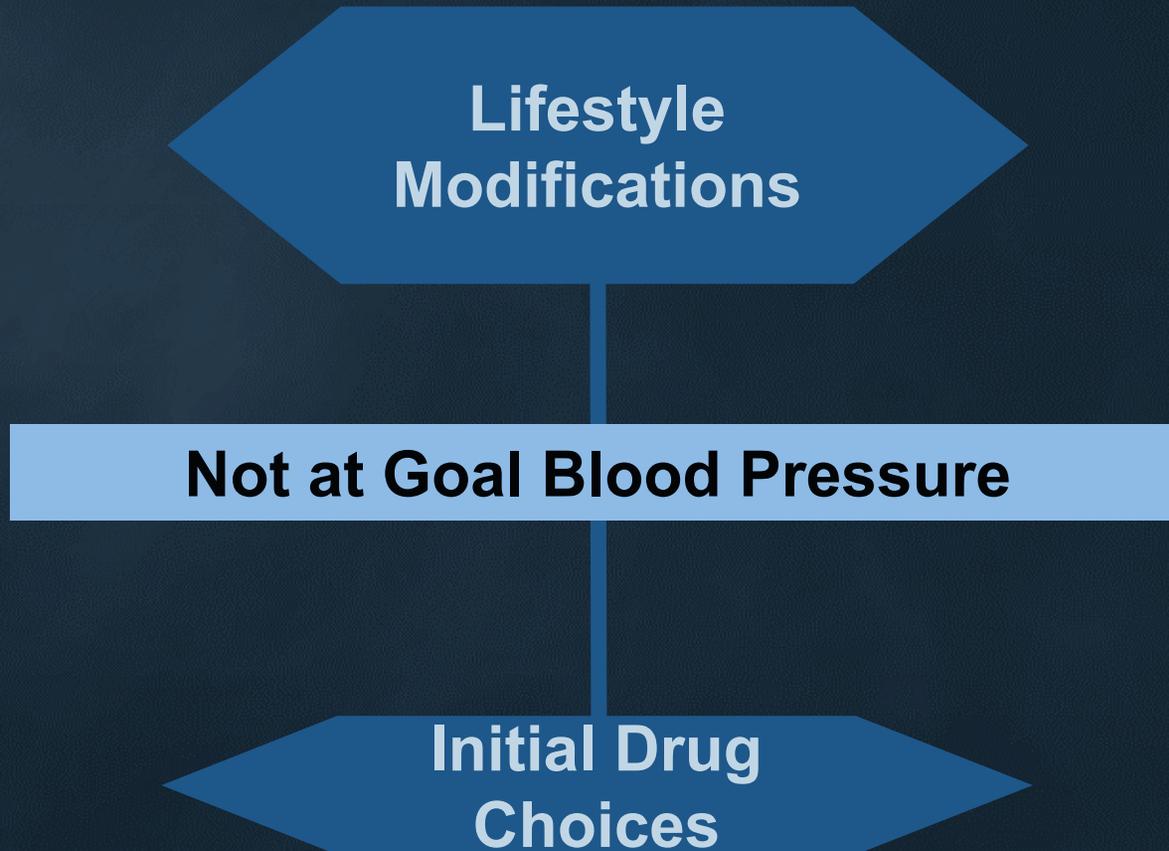
	Intensive	Standard
HbA _{1c} goal	<6%	7.0-7.9%
Systolic BP	<120 mm Hg	<140 mm Hg

Lipid trial: Statin for LDL for all patients, then randomize to fenofibrate or placebo.

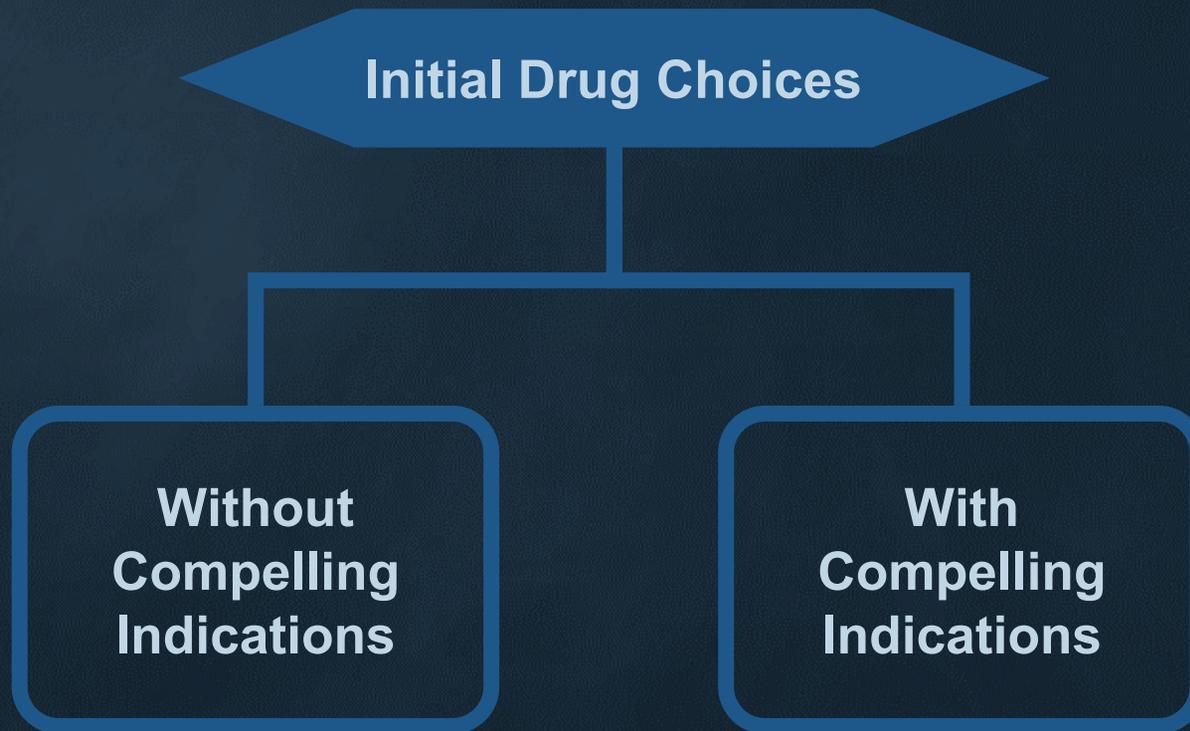
Lifestyle Modifications: JNC 7

Modification	Approximate SBP Reduction (range)
Weight Reduction	5-10 mmHg/10kg
Adopt DASH eating plan	8-14 mmHg
Dietary sodium reduction	2-8 mmHg
Physical activity	4-9 mmHg
Moderation of alcohol consumption	2-4 mmHg

JNC 7 Algorithm for Treatment of Hypertension



JNC 7 Algorithm for Treatment of Hypertension



JNC 7 Classification and Management of BP for adults

BP Classification	Initial drug therapy	
	Without compelling indication	With compelling indications
Normal		
Prehypertension	No antihypertensive drug indicated	Drug(s) for compelling indications
Stage 1 Hypertension	Thiazide-type diuretics for most. May consider ACEI, ARB, BB, CCB, or combination	Drug(s) for the compelling indications.
Stage 2 Hypertension	Two-drug combination for most (usually thiazide-type diuretic and ACEI or ARB or BB or CCB)	Other antihypertensive drugs (diuretics, ACEI, ARB, BB, CCB) as needed.

Pharmacologic Treatment in JNC 7

“Excellent clinical trial outcome data prove that lowering BP with several classes of drugs, including ACE inhibitors, angiotensin receptor blockers (ARBs), “ β -blockers”, calcium channel blockers (CCBs) and thiazide-type diuretics, will all reduce the complications of hypertension.”

JNC 7 Algorithm for Treatment of Stage 1 HTN

Initial Drug Choices

Without Compelling Indications

Stage 1 Hypertension
(SBP 140–159 or DBP 90–99 mmHg)

Thiazide-type diuretics for most. May consider ACEI, ARB, BB, CCB, or combination.

JNC 7 Algorithm for Treatment of Stage 2 HTN

Initial Drug Choices

Without Compelling Indications

Stage 2 Hypertension
(SBP \geq 160 or DBP \geq 100 mmHg)

2-drug combination for most (usually thiazide-type diuretic and ACEI, or ARB, or BB, or CCB)

JNC 7 Algorithm for Treatment of HTN, cont

