



## HTN Screening and Follow Up

### Screening Goals

Screening/Goals (JNC 8 Guidelines):

- All patients should be screened for HTN
- Goal BP in > 60 w/o CKD or DM -- <150/90
- Goal BP in 18-59 and all pts with CKD or DM = <140/90

### Treatment

Treatment for Primary Hypertension

1. Lifestyle modification
  - a. Dietary - salt reduction, DASH diet, reduce EtOH consumption
  - b. Smoking cessation
  - c. Physical activity - 3-4 40 min sessions of moderate exercise per week
2. Add first-line antihypertensive
  - a. ACEi, ARB, CCB, Thiazide
3. Still not controlled? Maximize dose of 1st line drug
4. Still not controlled? Add another 1st line drug
5. Still not controlled? Add medication from another class (beta-blocker, aldosterone antagonist, others)
6. Still not controlled? Add another medication, referral to HTN specialist, or consider other cause of HTN

### Medication Considerations

African American	Thiazide, CCB
Heart Failure	ACEi/ARB, BB, diuretic, spironolactone
CKD	ACEi/ARB
Diabetes	ACEi/ARB, CCB, diuretic
CAD, Post-MI	ACEi/ARB, BB, +/- diuretic/CCB
Pregnancy	Labetalol, nifedipine, methyldopa