



Hypertension Clinical Guideline

For complete guideline, please go to www.aafp.org

or

<http://www.aafp.org/patient-care/clinical-recommendations/all/highbloodpressure.html>

The Physician Advisory Council for Optima Health reviewed the clinical guidelines for hypertension and agreed to adopt the Eighth Joint National Committee (JNC 8) 2014 Evidence-Based Guidelines for the Management of High Blood Pressure in Adults with inclusion of the following recommendation statement:

The Eighth Joint National Committee (JNC 8) 2014 Evidence-Based Guidelines for the Management of High Blood Pressure in Adults was adopted amidst controversy and disagreement between experts and thought leaders in the field of hypertension regarding relaxation of several blood pressure targets and treatment algorithms. Consensus was not achieved. Although JNC 8 is adopted with the SPRINT recommendations, physicians are advised to supplement the JNC 8 recommendations with their own professional review of the evidence.

AHA/ACC/ASH published a Scientific Statement in Circulation in March 2015. However, the AHA/ACC/ASH Scientific Statement that does not address the general adult population, but only those patients with Coronary Artery Disease. To review the complete scientific statement please go to <http://circ.ahajournals.org/content/131/19/e435.full>

Guideline History

Original Approve Date	05/03
Review/Revise Dates	10/03, 10/05, 10/07, 11/09, 11/11, 11/13, 11/15, 01/16
Next Review Date	11/17

These Guidelines are promulgated by Sentara Health Plan (SHP) as recommendations for the clinical management of specific conditions. Clinical data in a particular case may necessitate or permit deviation from these Guidelines. The SHP Guidelines are institutionally endorsed recommendations and are not intended as a substitute for clinical judgment.



Formularies/Drug Lists

Please refer to:

<http://providers.optimahealth.com/pharmacy/Pages/Formularies.aspx>