



# Reference Card From the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7)

## EVALUATION

### CLASSIFICATION OF BLOOD PRESSURE (BP)\*

CATEGORY	SBP mmHg	and	DBP mmHg
Normal	<120	and	<80
Prehypertension	120–139	or	80–89
Hypertension, Stage 1	140–159	or	90–99
Hypertension, Stage 2	≥160	or	≥100

\* See Blood Pressure Measurement Techniques (reverse side)

Key: SBP = systolic blood pressure; DBP = diastolic blood pressure

### DIAGNOSTIC WORKUP OF HYPERTENSION

- Assess risk factors and comorbidities.
- Reveal identifiable causes of hypertension.
- Assess presence of target organ damage.
- Conduct history and physical examination.
- Obtain laboratory tests: urinalysis, blood glucose, hematocrit and lipid panel, serum potassium, creatinine, and calcium. Optional: urinary albumin/creatinine ratio.
- Obtain electrocardiogram.

### ASSESS FOR MAJOR CARDIOVASCULAR DISEASE (CVD) RISK FACTORS

- Hypertension
- Obesity (body mass index  $\geq 30$  kg/m<sup>2</sup>)
- Dyslipidemia
- Diabetes mellitus
- Cigarette smoking
- Physical inactivity
- Microalbuminuria, estimated glomerular filtration rate  $< 60$  mL/min
- Age ( $> 55$  for men,  $> 65$  for women)
- Family history of premature CVD (men age  $< 55$ , women age  $< 65$ )

### ASSESS FOR IDENTIFIABLE CAUSES OF HYPERTENSION

- Sleep apnea
- Drug induced/relevant
- Chronic kidney disease
- Primary aldosteronism
- Renovascular disease
- Cushing's syndrome or steroid therapy
- Pheochromocytoma
- Coarctation of aorta
- Thyroid/parathyroid disease



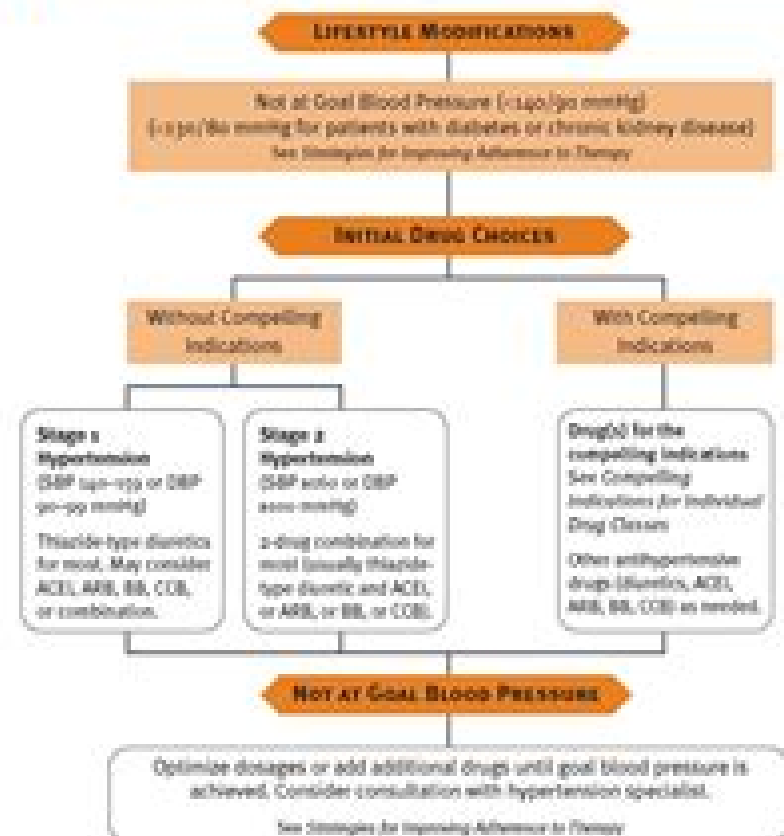
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National Heart, Lung, and Blood Institute

## TREATMENT

### PRINCIPLES OF HYPERTENSION TREATMENT

- Treat to BP  $< 140/90$  mmHg or BP  $< 130/80$  mmHg in patients with diabetes or chronic kidney disease.
- Majority of patients will require two medications to reach goal.

### ALGORITHM FOR TREATMENT OF HYPERTENSION



# Jnc Quick Card Guide

**Karin Nielsen-Saines**



## Jnc Quick Card Guide:

Hypertension Management for the Primary Care Clinician Alan H. Mutnick, 2004 The book combines comprehensive coverage of various aspects of hypertension with guidance in conveying important concepts knowledge and advice to patients The result is a highly useful tool for achieving clinically successful cost effective pharmaceutical care for hypertensive patients and for reducing the morbidity and mortality associated with this devastating disease state Book jacket

*Drug Information: A Guide for Pharmacists, Fourth Edition* Patrick Malone, Karen Kier, John Stanovich, 2011-08-17 Everything pharmacists need to know about drug information management Drug Information A Guide for Pharmacists Fourth Edition teaches students and professionals how to research interpret evaluate collate and disseminate drug information in the most effective and efficient manner possible Updated throughout the book also addresses other important issues such as the legal and ethical considerations of providing information how to respond to requests for information and how to determine what information should be made available Drug Information A Guide for Pharmacists Fourth Edition covers essential topics such as Formulating effective responses and recommendations for information Evaluation of drug literature The application of statistical analysis in the biomedical sciences Drug evaluation monographs Adverse drug reactions Medication and patient safety Investigational drugs New to this edition Five new chapters Policy Development Project Design and Implementation Drug Information in Ambulatory Care Drug Information and Contemporary Community Pharmacy Practice Drug Information Education and Training and Pharmaceutical Industry and Regulatory Affairs Opportunities for Drug Information Specialists Key Concepts have been added to the beginning of each chapter and are identified with icons in the chapter text Case Studies and multiple choice questions have been added to most chapters Twenty two appendices include Drug Consultation Request Form Performing a PubMed Search Questions for Assessing Clinical Trials and Questions to Consider for Critique of Primary Literature

Drug Information Patrick M. Malone, Karen L. Kier, John Stanovich, 2010-05-12 Extensive coverage of the Internet as a source of and distribution means for drug information and detailed sections on evaluating medical literature from clinical trials Audience includes Pharmacists Pharmacy students and Pharmacy schools Updated to include using PDAs for medication information Covers the ethical and legal aspects of drug information management Nothing else like it on the market

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web this bundle contains 10 seventh grade fluency products and a total of 25 fluency passages all the fluency passages are on a seventh grade reading level come with a student copy and a teacher copy and with 2 3 accompanying activities including comprehension questions and extension writing activities



