



# 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).  
 Note: 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 ≥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/habitual
- Chronic kidney disease
- Primary aldosteronism
- Renovascular disease
- Cushing's syndrome or steroid therapy
- Phochromocytoma
- Coarctation of aorta
- Thyroid/parathyroid disease



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
 National Institutes of Health  
 National Heart, Lung, and Blood Institute

### BLOOD PRESSURE MEASUREMENT TECHNIQUES

| Method                   | Notes  |
|--------------------------|--|
| In-office                | Two readings, 5 minutes apart, sitting in chair. Confirm elevated reading in contralateral arm.  |
| Ambulatory BP monitoring | Indicated for evaluation of "white coat hypertension." Absence of 10–20 percent BP decrease during sleep may indicate increased CVD risk.  |
| Patient self-check       | Provides information on response to therapy. May help improve adherence to therapy and is useful for evaluating "white coat hypertension." |

### CAUSES OF RESISTANT HYPERTENSION

- Inaccurate BP measurement
- Excess sodium intake
- Inadequate diuretic therapy
- Medication
  - Inadequate doses
  - Drug actions and interactions (e.g., nonsteroidal anti-inflammatory drugs [NSAIDs], illicit drugs, sympathomimetics, oral contraceptives)
  - Over-the-counter (OTC) drugs and herbal supplements
- Excess alcohol intake
- Identifiable causes of hypertension (see reverse side)

### COMPPELLING INDICATIONS FOR INDIVIDUAL DRUG CLASSES

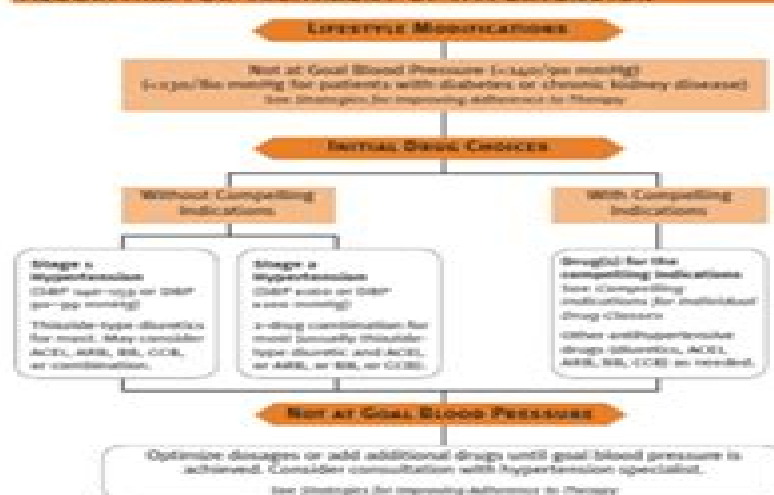
| Compelling Indication       | Initial Therapy Options        |
|-----------------------------|--------------------------------|
| Heart failure               | THIAZ, BB, ACEI, ARB, ALDO ANT |
| Post myocardial infarction  | BB, ACEI, ALDO ANT             |
| High CVD risk               | THIAZ, BB, ACEI, CCB           |
| Diabetes                    | THIAZ, BB, ACEI, ARB, CCB      |
| Chronic kidney disease      | ACEI, ARB                      |
| Recurrent stroke prevention | THIAZ, ACEI                    |

## 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



### PRINCIPLES OF LIFESTYLE MODIFICATION

- Encourage healthy lifestyles for all individuals.
- Prescribe lifestyle modifications for all patients with prehypertension and hypertension.
- Components of lifestyle modifications include weight reduction, DASH eating plan, dietary sodium reduction, aerobic physical activity, and moderation of alcohol consumption.

### LIFESTYLE MODIFICATION RECOMMENDATIONS

| MODIFICATION                      | RECOMMENDATION  | AVG. SBP REDUCTION RANGE* |
|-----------------------------------|---|---------------------------|
| Weight reduction                  | Maintain normal body weight (body mass index, 18.5–24.9 kg/m <sup>2</sup> )   | 5–20 mmHg/10 kg           |
| DASH eating plan                  | Adopt a diet rich in fruits, vegetables, and low-fat dairy products with reduced content of saturated and total fat.    | 8–14 mmHg                 |
| Dietary sodium reduction          | Reduce dietary sodium intake to ≤100 mmol per day (2.4 g sodium or 6 g sodium chloride).                                | 2–8 mmHg                  |
| Aerobic physical activity         | Regular aerobic physical activity (e.g., brisk walking) at least 30 minutes per day, most days of the week.             | 4–9 mmHg                  |
| Moderation of alcohol consumption | Men: limit to ≤2 drinks <sup>†</sup> per day. Women and lighter weight persons: limit to ≤1 drink <sup>†</sup> per day. | 2–4 mmHg                  |

\* 1 drink = 12 oz or 355 mL ethanol (e.g., 12 oz beer, 5 oz wine, 1.5 oz 40% alcohol whiskey).

† Effects are dose and time dependent.



## Jnc Reference Card

**Nancy Burns, Susan K. Grove**

## Jnc Reference Card:

**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

*Varney's Midwifery* Tekoa L. King, Mary C. Brucker, Kathryn Osborne, Cecilia M. Jevitt, 2018-05-01 Varney's Midwifery Sixth Edition is the gold standard for midwifery practice Completely updated and revised this text reflects current evidence based guidelines The Sixth Edition addresses care of women throughout the lifespan including primary care gynecology maternity care in a variety of settings and newborn care It also provides new content on social determinants of health the changing face of the population and the population that midwives serve With chapters written by expert midwives with an emphasis on anatomy physiology and normal physiologic processes this text will assist students and midwives in providing healthcare services today Chapter appendices present essential skills that are designed to help students midwives and international readers learn skills that are core components of midwifery practice **Quick Reference to Clinical**

**Dietetics** Lucinda K. Lysen, 2006 Quick Reference To Clinical Dietetics Second Edition Is An Easy To Use Research Based Text That Focuses On The Latest Topics In Nutrition Management Designed For Quick Access And Clear Guidance This Practical Book Is A Must For Those Working In Both Inpatient And Outpatient Settings Each Section Is Written By A Leading Nutrition Expert And Offers Step By Step Guidelines For Nutrition Screening And Assessment Including Physical Assessment Nutrition Intervention And Follow Up Updates To The Second Edition Include New Information On Gastric Bypass From The Medical Director Of The Gastric Bypass Program At Beth Israel Deaconess Medical Center In Boston Coding And Reimbursement For Medical Nutrition Therapy A New Chapter On Dietary Supplements And Complementary And Alternative Approaches Current Coverage Of Low Controlled Carbohydrate Diets Including The Atkins Diet Weight Loss Strategies From Barry Sears Zone Diet Creator And 46 Appendices Offer Helpful Charts And Tables For Reference **Understanding**

**Nursing Research - eBook** Nancy Burns, Susan K. Grove, 2010-09-20 Learn how to evaluate and apply research with the 1 nursing research book Understanding Nursing Research Building an Evidence Based Practice is known for its authoritative content a time tested step by step approach and abundant use of research examples With improved clarity and readability the new edition strengthens its focus on evidence based practice to better demonstrate how the steps of the research process relate to evidence based nursing Written by two of the leaders in the field of nursing research Nancy Burns and Susan K Grove this full color text offers unique insights into understanding appraising and applying published research to evidence based practice Authoritative content is written by two of the true pioneers in nursing research who offer unique first hand insights into the field Research examples provide practice in working with published studies with many of the examples

including Critical Appraisal and Implications for Practice sections A clear step by step organization introduces the research process and demonstrates how this systematic framework relates to evidence based practice An expanded emphasis on evidence based practice helps you develop skills in studying and appraising published research so you are prepared for your role in working with research evidence Enhanced coverage of qualitative research allows prepares you to approach research questions and clinical questions with an unbiased view of the researcher s methodology Two different appraisal processes are included A traditional in depth critical appraisal process prepares you for graduate level work in research A concise practice focused research appraisal process equips you for quick and accurate evaluation of the applicability of research findings to clinical practice Updated research examples prepare you for evidence based practice by using the physiologic conditions and hospitalized patients seen in clinicals     The Indispensable Reference Guide and Gazetteer ... A. F. Harrod,1899     **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     *The Practice of Nursing Research* Nancy Ann Burns,Susan K. Grove,2005 With its unique nursing perspective and framework that links nursing research to nursing practice the 5th edition gives readers the tools they need to successfully evaluate implement and conduct research studies Users will discover balanced and detailed coverage of both quantitative and qualitative research as well as abundant concrete examples from the best research literature available And practicing nurses students and instructors appreciate this book for its clear direct writing style that makes complex concepts easy to understand Instructor resources available contact your sales representative for details Websites direct students to an extensive array of information for use in conducting studies A clear direct writing style that facilitates learning Rich and

frequent illustration of major points and concepts from the most current research literature A nursing perspective and framework that links research to the whole of the nursing curriculum Detailed coverage of both quantitative and qualitative research methodologies Exciting coverage of evidence based practice a topic of vital and growing importance in a health care arena focused on quality and cost effectiveness of patient care Full color illustrations stimulate the learning experience Online Author Index makes it easy to look up cited articles by key authors Access the Evolve Learning System which includes an innovative new Data Set where users can apply data analysis skills Increased research examples demonstrate principles with concrete examples Statistical analysis techniques for outcomes research teach readers to analyze health care outcomes Updated information on online research demonstrates the realities of nursing research today Enhanced coverage of qualitative research gives readers a balanced research perspective

**The Practice of Nursing Research** Susan K.

Grove,Nancy Burns (Ph. D.),Jennifer Gray,2012-01-01 Nancy Burns is first named author on previous edition **Driving**

**Driven** Beverly Ann Davenport,2004 This work highlights the power of the stress discourse to obfuscate the primary cause of hypertension in the lives of these men and women My data show that despite the transit operators awareness of occupational sources of stress in their lives they did not use this to explain their own hypertension Instead they relied on individual biological explanations Further they did not push their union to demand changes in the structure of their work The discourse conflated work stress with the stress of life making it seem natural and inevitable something that individuals must manage rather than something that individuals acting in social groups could change

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

Midwifery & Women's Health Nurse

Practitioner Certification Review Guide Beth M. Kelsey,Jamille Nagtalon-Ramos,2014-09-25 Midwifery Women s Health Nurse Practitioner Certification Review Guide Third Edition is a comprehensive review designed to help midwives and women s health nurse practitioners prepare for certification exams Based on the American Midwifery Certification Board AMCB and the National Certification Corporation NCC test blueprints it contains nearly 1 000 questions and comprehensive rationales representing those found on the exams Completely updated and revised with the most current evidence and practice standards the new edition incorporates expanded content on pharmacology pathophysiology and diagnostic tools Important Notice The digital edition of this book is missing some of the images or content found in the print edition Please note Navigate Test Prep is not included with the eBook and must be purchased separately

**Adult-Gerontology Nurse Practitioner Certification Intensive Review, Third Edition** Maria T. Codina Leik,2017-11-28 Note to Readers Publisher

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Includes 6 months free ExamPrepConnect Digital Access with print purchase Doody's Medical Review 100 Points 5 Stars First Edition The third edition of this highly acclaimed review continues to promote efficient time saving study by synthesizing the complex knowledge needed to pass the AGNP exam into a concise well organized format It is updated with key information about the new AGNP certification exam including new test format questions featuring photos of skin and eye conditions and EKGs and more challenging drag and drop and multiple choice questions Also new to the third edition is information about nonclinical topics on the exam including research culture spirituality and health practices evidence based medicine epidemiology and reimbursement guidelines One hundred new review questions throughout the book and on the practice exam including answer key and rationale increase the total number of questions to 680 Designed to help NP students boost their confidence through intensive study and high quality questions the third edition features a succinct precisely targeted review of diseases commonly seen in primary care It covers the complete adult life span from adolescence onward and offers extensive test taking techniques and question dissection and analysis sections that provide strategies for identifying the best clues during the problem solving process Organized by body system sections are consistently formatted and encompass Danger Signals Normal Findings Lab Findings Benign Variants Differential Diagnosis and individual Disease Review topics for each system Additional outstanding features include Exam Tips and Clinical Pearls that help to focus system study on key information NEW TO THE THIRD EDITION Updated information reflecting the new AGNP certification exam New test format questions used by the ANCC including photos of skin and eye conditions EKGs and more complex drag and drop and multiple choice questions 100 new in depth review questions for a total of 680 Additional information about nonclinical topics including culture spirituality and health practices evidence based medicine and more KEY FEATURES Provides a succinct precisely targeted review of diseases commonly seen in primary care Delineates strategic question dissection techniques for study success Includes Exam Tips and Clinical Pearls to help prioritize and interpret test content Outlines Normal Findings and Benign Variants in physical assessment of each body system Offers intensive pharmacology review Content available digitally via ExamPrepConnect for study on the go ExamPrepConnect Features All the high quality content from the book Personalized study plan based on exam date 680 questions and answers with rationales study by topic to identify your strengths and weaknesses Lessons and flashcards on key information and abbreviations Discussion board to connect with AGNP exam prep community Games to make studying fun See access details inside book *The Lancet*, 2005

*Bibliographic Guide to Music* New York Public Library. Music Division, 1990 *Preventive Cardiology* Nathan D.

Wong, Henry Richard Black, Julius M. Gardin, 2000 Anchored by a consistent emphasis on the patient the Clinical Medicine Series is a vital resource for anyone in the primary care setting the hospital or the ambulatory setting Inside each volume busy practitioners will find up to the minute patient management advice that no other source can match And when you factor in the series affordable price quick scan design and internationally renowned authorship it's easy to see why the Clinical

Medical Series will be first on any dedicated professional s reading list For cardiologists and primary care physicians this is a critical summary of the extensive literature on heart disease risk factors and prevention Offers clear clinical strategies to successfully screen identify and control cardiovascular risk factors Highlights include smoking cessation evaluation of family history obesity and weight control hypertension gender and ethnic factors and prevention in youth Each chapter provides evidence based protocols for reducing the risk of heart disease and secondary episodes *Bibliographic Guide to Education*, 1979 lists publications cataloged by Teachers College Columbia University supplemented by The Research Libraries of The New York Public Library *Diet Therapy in Advanced Practice Nursing* Katie Ferraro, Cheryl Winter, 2013-09-22 Proven nutrition strategies for optimizing health and combating specific diseases written for the advanced practice nurse As scientific evidence continues to emerge showing the underlying role nutrition and diet play in preventing and treating common health issues such as cardiovascular disease diabetes and cancer there s renewed emphasis by healthcare providers on delivering individualized nutrition prescriptions to patients to improve health outcomes While this role has traditionally been performed in out patient and in patient settings by registered dietitians advanced practice nurses now play a major role in giving diet and nutrition advice to patients and in some cases prescribing medical and diet therapy plans *Diet Therapy in Advanced Practice Nursing* gathers together the evidence based guidelines and practices recommended for the prevention management and treatment of a variety of disease states Co authors Katie Ferraro RD and Cheryl Winter RD NP used their combined knowledge and experience in nutrition and nursing practice to write an easy to use book that gives readers practical resources such as Meal planning and tracking tools Nutrition screening assessment and counseling techniques Body weight regulation principles Nutrition assessment and monitoring parameters Individual chapters cover nutrition for all major disease states giving prevention guidelines medical nutrition and diet therapy recommendations patient education tools and detailed complication and side effect considerations The book concludes with appendices containing key information for clinical reference including Dietary Reference Intake DRI tables USDA Food Patterns CDC Growth Charts and Useful Conversions for Nutrition **PCC's Reference Book of Personal and Home Computing** Dwight McCabe, 1977 *The Canadian Journal of Cardiology*, 2000 **Current Care of Women** Dawn P. Lemcke, 2004 A practical up to date multidisciplinary source of information on the care of women in a primary care setting More than sixty contributors provide clinically relevant information on diseases and disorders unique to women The book addresses general topics affecting women's health such as prevention health care access communication styles and cultural and racial issues Following the popular Lange CURRENT format this comprehensive text features superbly organized rapidly accessible information

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