



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Medical Management of Adults with Hypertension](#)

Released: August 2015

Updated recommendations:

Eligible population

Adult patients ≥ 18 years of age. Not pregnant.

Classification based on 2 or more seated BP readings on each of 2 or more office visits.

Hypertension:

Stage 1: 140-159/90-99 mm Hg

Stage 2: $\geq 160/\geq 100$ mm Hg

Goals of Therapy

- If no other risk factors and < 60 years of age: target BP $< 140/90$. If no other risk factors and ≥ 60 years: target BP $< 150/90$.
- Patients with risk factors, including diabetes: target BP $< 140/90$. Consider target BP $< 130/80$ for CKD patients with albuminuria.

Pharmacologic interventions

- Hypertension, Stage 1 based on systolic and/or diastolic (140-159/90-99): start with thiazide-type diuretic, ACE-I, ARB, or DHP-CCB¹ for almost all patients.
- ACE-I recommended in patients with diabetes, CKD, or heart failure
- Avoid concurrent use of ACE and ARB

¹ACE-I=angiotensin converting enzyme inhibitor, ARB=angiotensin receptor blocker, DHP-CCB=long-acting dihydropyridine calcium channel blocker

References:

James, PA, Oparil S, Carter, BL, et al. 2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults: Report From the Panel Members Appointed to the Eighth Joint National Committee (JNC 8). JAMA. 2014;311(5):507-520. doi:10.1001/jama.2013.284427

Kidney Disease: Improving Global Outcomes (KDIGO) CKD Work Group. KDIGO 2012 Clinical Practice Guideline for the Evaluation and Management of Chronic Kidney Disease

This alert provides a brief summary of updated recommendations. Refer to the complete guideline for all recommendations and level of evidence.