Presentation: An adult patient presents to the clinic with multiple readings of blood pressure >130/80

Screening: A non-hypertensive adult should be screened once a year for HTN

Diagnosis: Confirm with out-of-office measurement of BP to rule out white coat HTN. If not available, perform 3 serial in office measurements.

Blood pressure should be based on an average of more than 2 careful readings on more than 2 occasions. Adults with systolic blood pressure or diastolic blood pressure in 2 categories should be designated to the higher blood pressure category.

The NC AHEC Program would like to acknowledge the valuable contributions of Henry Stiepel and Caleb Smith.

TREATMENT

• Non-Pharmacological: DASH diet, salt restriction, weight loss, K+ supplementation, exercise

• Pharmacological Therapy:
  - Ace-Inhibitors (Ex. lisinopril)
  - Aldosterone Receptor Antagonists (Ex. valsartan)
  - Thiazide/Thiazide-like diuretics (Ex. hydrochlorothiazide)
  - Long acting Ca2+ channel blockers (Ex. amlodipine)

**SYSTOLIC BLOOD PRESSURE (mm Hg) AND/ OR DIASTOLIC BLOOD PRESSURE (mm Hg) JOINT NATIONAL COMMITTEE 7 2017 GUIDELINES**

<table>
<thead>
<tr>
<th>SYSTOLIC BLOOD PRESSURE AND OR DIASTOLIC BLOOD PRESSURE</th>
<th>JOINT NATIONAL COMMITTEE 7 2017 GUIDELINES</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 120 and &lt; 80</td>
<td>Normal blood pressure Normal blood pressure</td>
</tr>
<tr>
<td>120–129 and &lt; 80</td>
<td>Prehypertension Elevated blood pressure</td>
</tr>
<tr>
<td>130–139 or 80–89</td>
<td>Prehypertension Stage 1 hypertension</td>
</tr>
<tr>
<td>140–159 or 90–99</td>
<td>Stage 1 hypertension Stage 2 hypertension</td>
</tr>
<tr>
<td>≥ 160 or ≥ 100</td>
<td>Stage 2 hypertension Stage 2 hypertension</td>
</tr>
</tbody>
</table>

Blood pressure should be based on an average of more than 2 careful readings on more than 2 occasions. Adults with systolic blood pressure or diastolic blood pressure in 2 categories should be designated to the higher blood pressure category.

References


UptoDate. Overview of Hypertension in Adults. 2020.


Medscape Antihypertensive Medications.