BlueCross BlueShield of Montana

2016 – 2017 Clinical Practice Guidelines

Hypertension Guidelines	
Purpose/Objectives The main objective for the treatment of hypertension is to achieve and maintain a goal blood pressure value.	
Recommendations	**Source Guideline/ Reference Page**
For persons 60 years of age or older, treat pharmacologically to lower blood pressure values that are greater than or equal to 150/90 mm Hg to achieve a blood pressure goal of less than 150/90 mm Hg. Adjust treatment upon development of adverse effects or reduction in quality of life while maintaining blood pressure goals.	Pages 510-511
For persons less than 60 years of age, treat pharmacologically to lower blood pressure values greater than or equal to 140/90 mm Hg to reach a blood pressure goal of less than 140/90 mm Hg.	Page 511
For persons who are 18 years old or older and who also have kidney disease and/or diabetes, treat pharmacologically to lower blood pressure values greater than or equal to 140/90 mm Hg. A blood pressure goal of less than 140/90 mm Hg is recommended.	Pages 511-513
For non-black persons with or without diabetes mellitus, reduce blood pressure by treating initially with medication from one of the four categories below: ○ thiazide-type diuretics ○ calcium channel blockers ○ angiotensin-converting enzyme inhibitors ○ angiotensin receptor blockers	Page 511
For black persons with or without diabetes, reduce blood pressure by treating initially with medications from one of the two categories below: ○ thiazide-type diuretics ○ calcium channel blockers	Pages 511 & 514
For persons 18 years of age or older with hypertension and chronic kidney disease, regardless of race or presence of diabetes, treat initially with angiotensin-converting enzyme inhibitors or angiotensin receptor blockers for optimal renal function.	Pages 511 & 515
• For persons not achieving goal blood pressure within one month of treatment, increase the dose of the initial medication or add a second medication from one of the four categories below: ○ thiazide-type diuretics ○ calcium channel blockers ○ angiotensin-converting enzyme inhibitors ○ angiotensin receptor blocker • For persons not achieving a goal blood pressure after adding a second medication from one of the classifications above, add and titrate a third medication from one of the classifications above. • For persons not achieving goal blood pressure using this approach, consider adding medications from other classifications • For persons not achieving goal blood pressure using these strategies, consider referral to a hypertension specialist. **NOTE: Do not** use angiotensin-converting enzyme inhibitors and angiotensin receptor blockers together.	Pages 511 & 515

Hypertension	
Source Guidelines	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) http://jama.jamanetwork.com/article.aspx?articleid=1791497