

Hypertension

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Clinical Setting: Rural

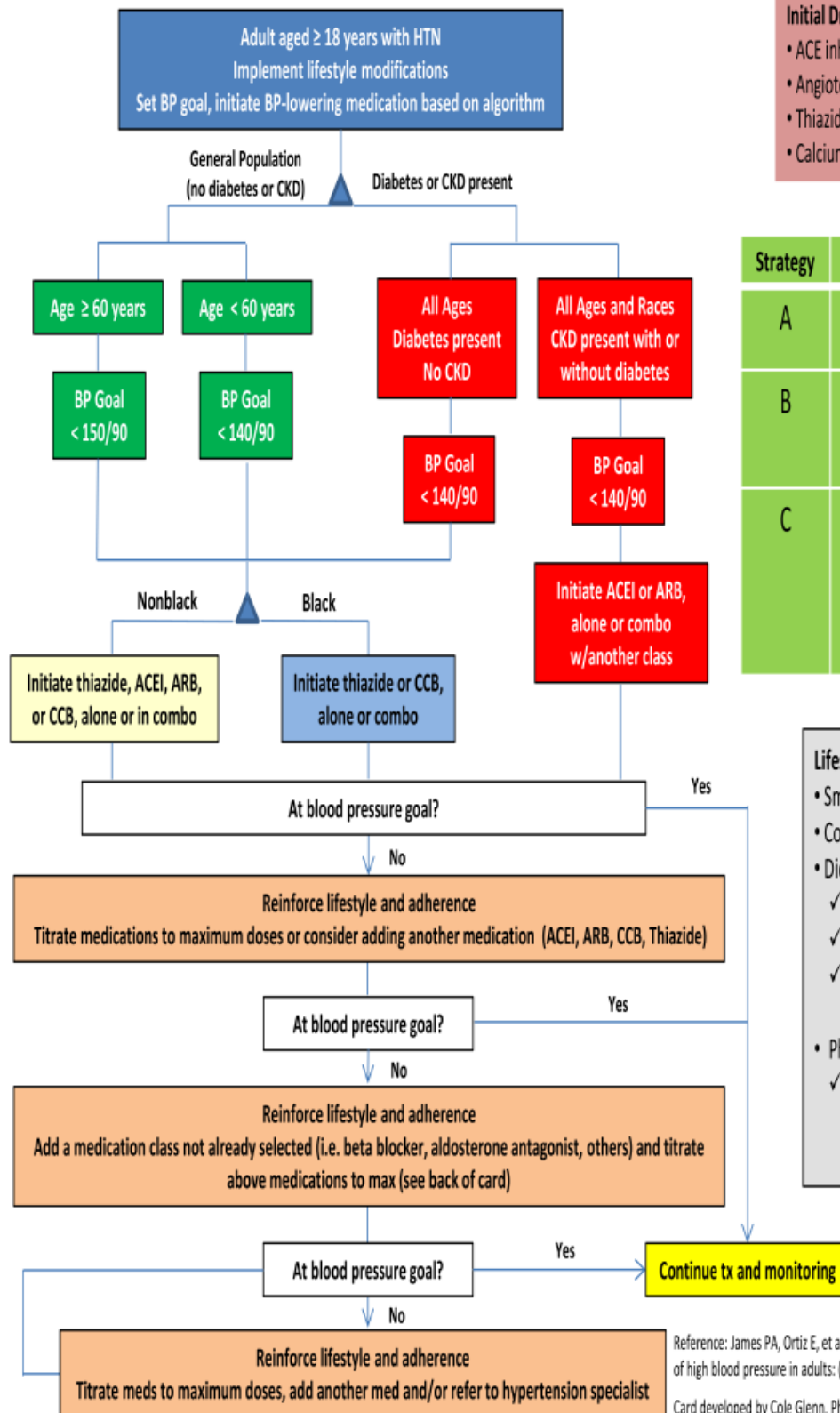
- Population: 30–65-year-olds seen at Westerville Medical Campus in October of 2022
- Race: Caucasian, African American, Asian American, Hispanic, American Indian
- Disorders treated: HTN, DM, HLD, Hypothyroidism, anxiety, depression, insomnia, UTI, URI, asthma, back pain, infections, eczema, etc.
- Concern: Primary care is the main setting that deals with managing chronic Hypertension.
- Therefore, proper education is essential and proper follow up is needed to manage Hypertension properly. If Hypertension is not treated, then it can cause organ damage and other life-threatening problems.

Summary of Audit Tool

- In Summary proper follow up was made for patients.
- If a medication was adjusted or started, a follow up appointment was made in 2-4 weeks.
- Proper education was given to the patient according to JNC-8 Guidelines based on the chart review.
- Proper medication was adjusted and or started based on Blood Pressure readings and the JNC-8 Guidelines.
- Another BP log was provided to the patient for at home Blood Pressure monitoring.

HTN audit tool	Hx of HTN?	Is the patient's age between 30-65?	What is their BP on follow up appts?	Prescription for a BP cuff?	What was their home BP log average?	Was meds added or adjusted?	Are proper follow up appts being made?
Case 1	Yes	40	136/70	Yes	130's/60-70's	No	Yes
Case 2	Yes	62	174/97	Yes	Refused	Yes	Yes
Case 3	Yes	49	161/81	Yes	130-150/70-90	Yes	Yes
Case 4	Yes	52	137/83	Yes	120-130's/70-80's	No	Yes
Case 5	Yes	58	110/71	Yes	120's/70-80's	No	Yes
Case 6	Yes	54	161/72	Yes	140's/90's	Yes	Yes
Case 7	Yes	64	128/62	Yes	120-130's/70's	No	Yes
Case 8	Yes	48	140/73	Yes	128-135/80's	No	Yes
Case 9	Yes	41	138/85	Yes	140-170's/80s-110	Yes	Yes
Case 10	Yes	60	135/82	No	Refused	No	Yes
Case 11	Yes	64	136/71	Yes	120-130's/60-70's	No	Yes
Case 12	Yes	No-85	144/84	No	Refused	No	Yes
%	100%	92.00%	66% BP < 140	83%	75%	33%	100%

JNC 8 Hypertension Guideline Algorithm



Initial Drugs of Choice for Hypertension

- ACE inhibitor (ACEI)
- Angiotensin receptor blocker (ARB)
- Thiazide diuretic
- Calcium channel blocker (CCB)

Strategy	Description
A	Start one drug, titrate to maximum dose, and then add a second drug.
B	Start one drug, then add a second drug before achieving max dose of first
C	Begin 2 drugs at same time, as separate pills or combination pill. Initial combination therapy is recommended if BP is greater than 20/10mm Hg above goal

Lifestyle changes:

- Smoking Cessation
- Control blood glucose and lipids
- Diet
 - ✓ Eat healthy (i.e., DASH diet)
 - ✓ Moderate alcohol consumption
 - ✓ Reduce sodium intake to no more than 2,400 mg/day
- Physical activity
 - ✓ Moderate-to-vigorous activity 3-4 days a week averaging 40 min per session.

Reference: James PA, Ortiz E, et al. 2014 evidence-based guideline for the management of high blood pressure in adults: (JNC8). JAMA. 2014 Feb 5;311(5):507-20

Card developed by Cole Glenn, Pharm.D. & James L Taylor, Pharm.D.

References

JNC 8 hypertension guideline algorithm initial drugs of choice for ... (n.d.). Retrieved October 30, 2022, from <https://thepafp.org/website/wp-content/uploads/2017/05/2014-JNC-8-Hypertension.pdf>