

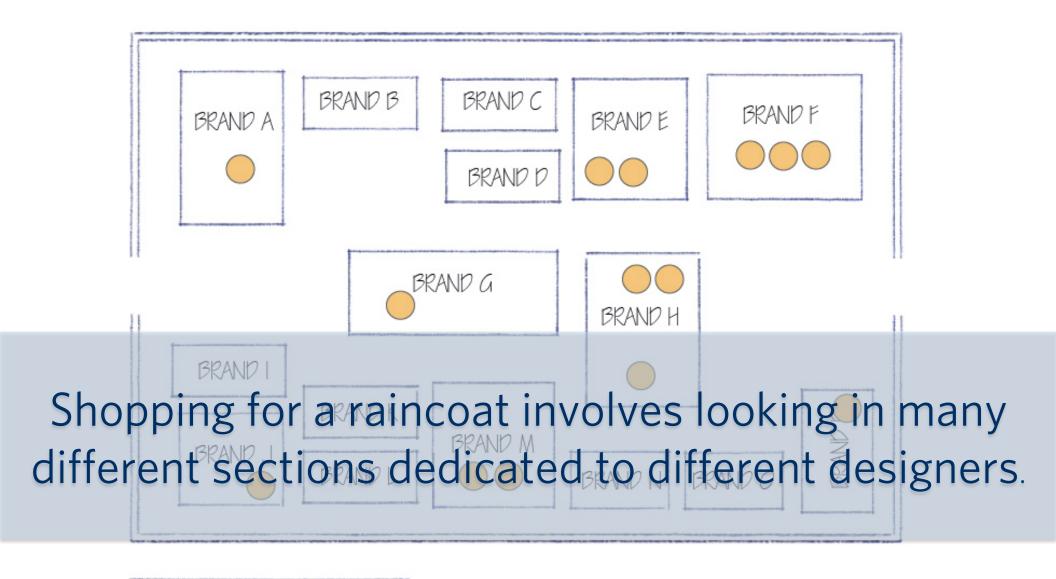


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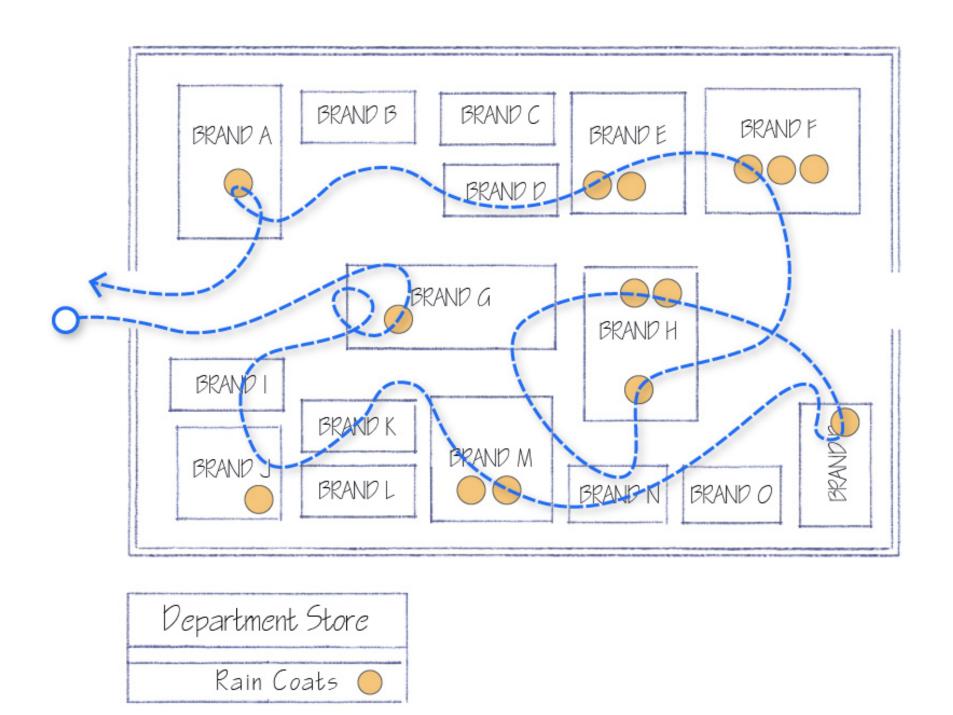


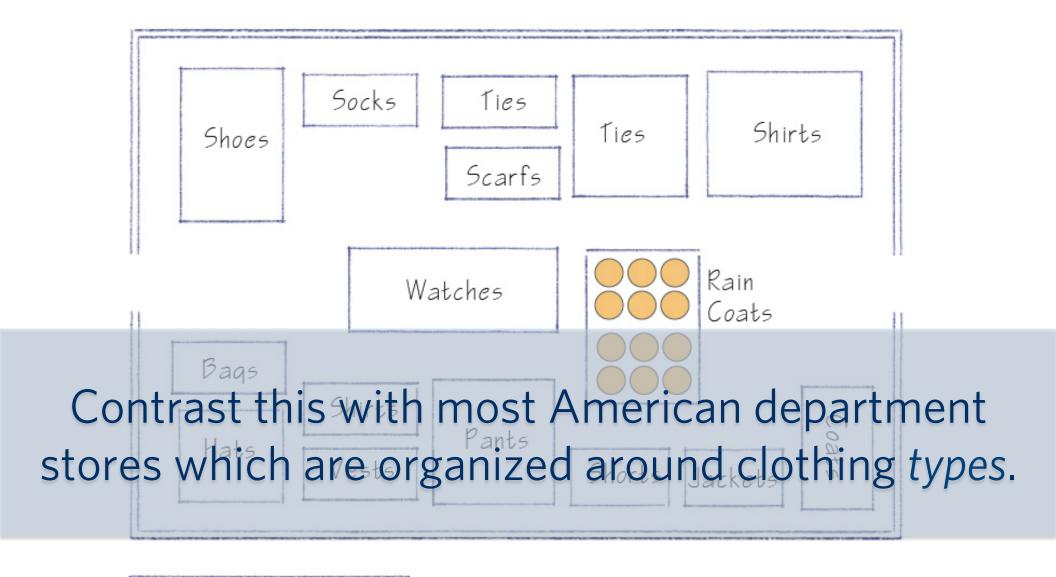


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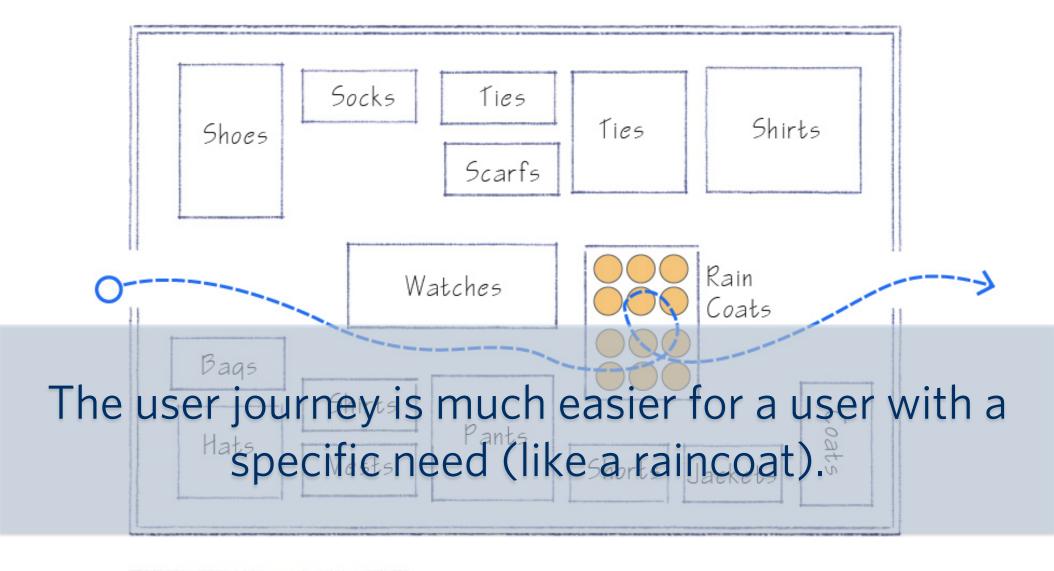


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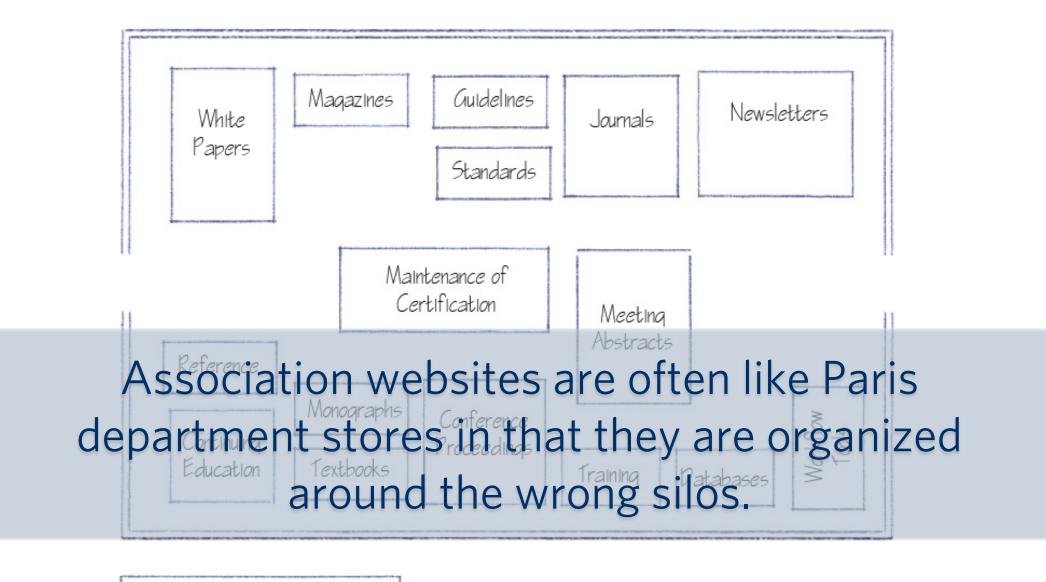


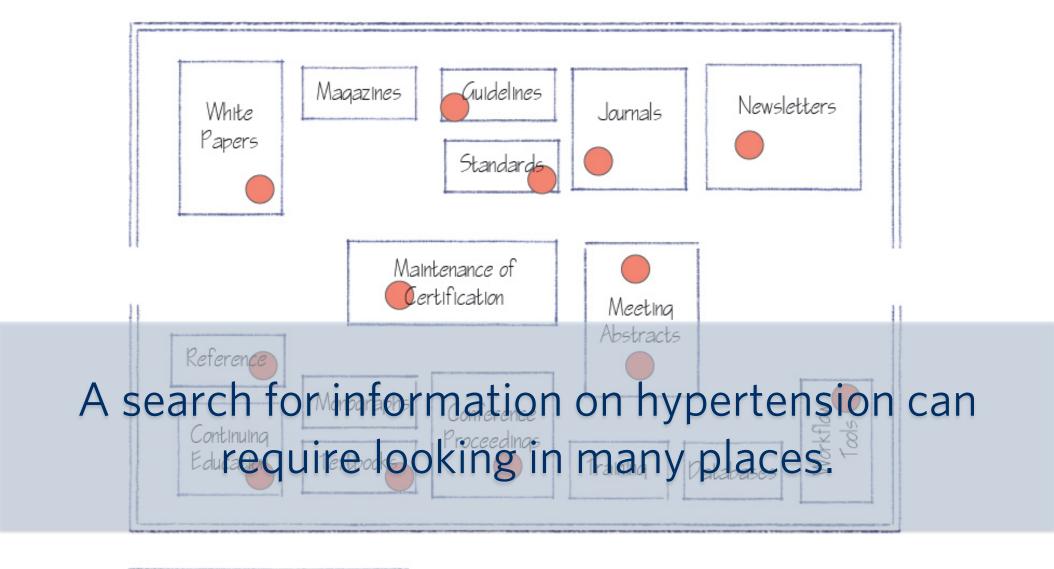


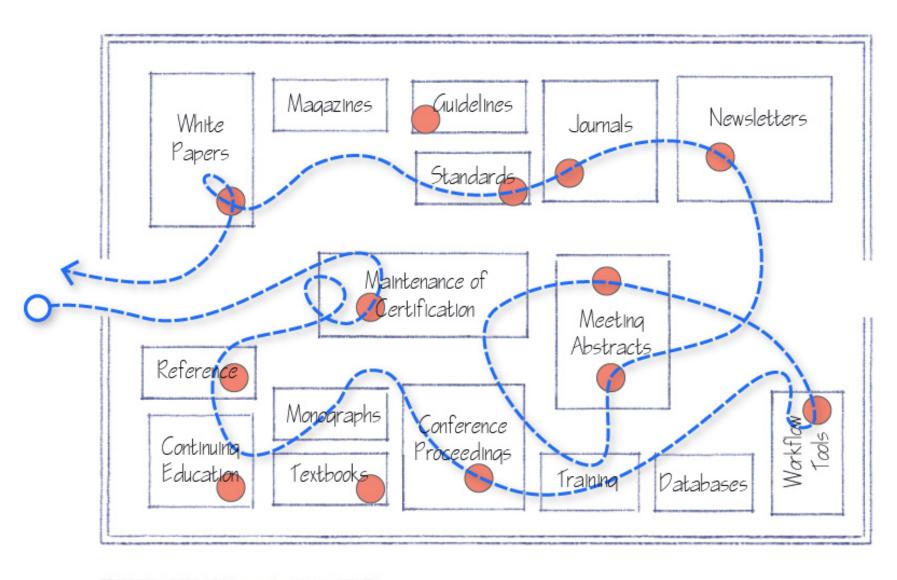
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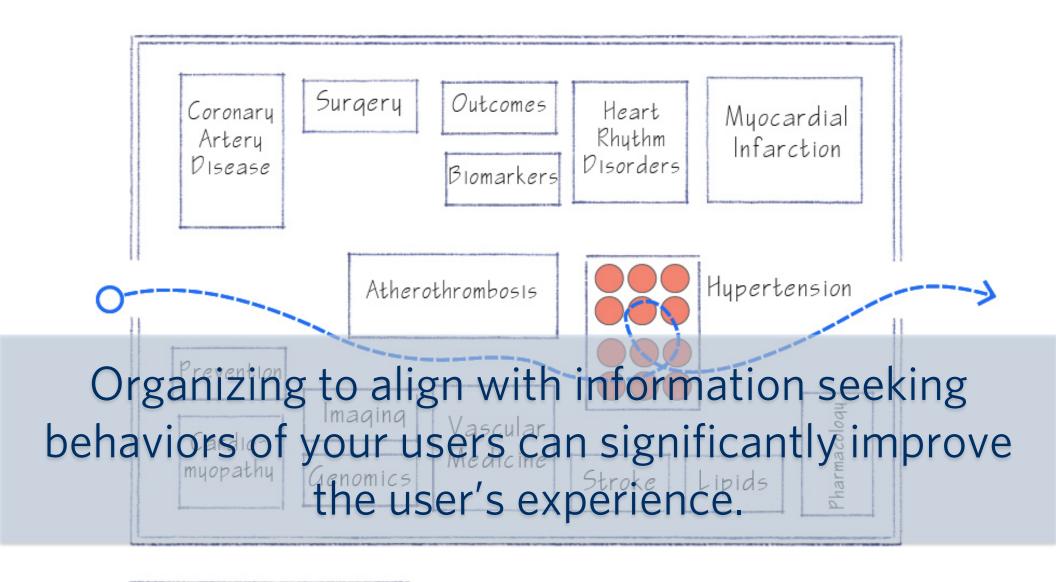


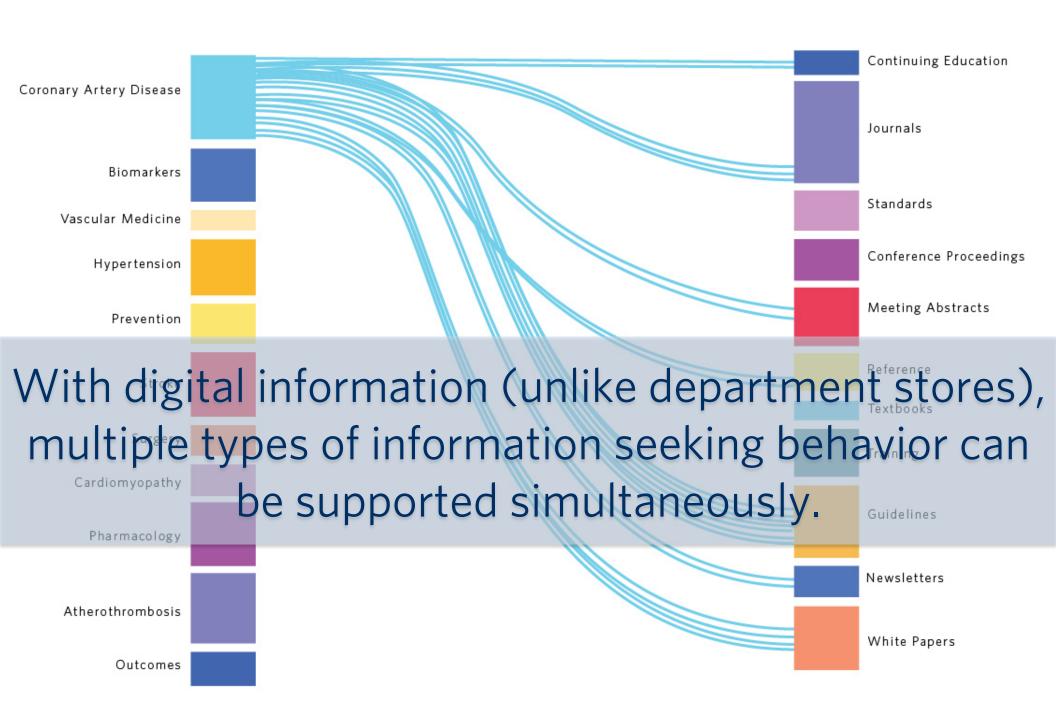
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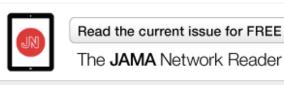
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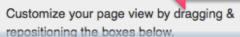
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Hypertension is the most common condition seen in primary care and leads to myocardial infarction, stroke renal failure and death if not detected early and treated appropriately. Patients want to be assured should meet the clinical needs of most patients, these recommendations are not a substitute for clinical judgment, and decisions about care must carefully consider and incorporate the clinical characteristics and circumstances of each individual patient. Hypertension remains one of the most important preventable contributors to disease and death. Abundant evidence from randomized controlled trials (RCTs) has shown benefit of antihypertensive drug treatment in educing important health outcomes in persons with hyperfension. 1-3 Clinical guidelines are at the Institute of Medicine Report Clinical Practice Guidelines We Can Trust outlined a pathway to guideline de elopment and is the approachethat this panel aspired to in the creation of this report.

based methods, developing Evidence Statements and recommendations for blood pressure (BP) treatment esols trices of the property of the evidence and is designed to provide clear

recommendations for all clinicians. Major differences from the previous JNC report are summarized in the same topic (see list of

## resources on the right). Table 1. Comparison of Current Recommendations With JNC 7 Guidelines



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## THE PROCESS

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The panel members appointed to JNC 8 were selected from more than 400 nominees based on expertise in hypertension (n = 14), primary care (n = 6), including generatrics (n = 2), cardiology (n = 2), nephrology (n = 2) nursing (n = 1), pharmacology (n = 2), clinical trials (n = 6), evidence-based medicine (n = 3), epidemiology (n = 1), informatics (n = 4), and the development and implementation of clinical guidelines in systems of care (n = 4).

Comment & Response Guidelines for Managing High Blood Pressure JAMA. 2014;312(3):294. doi:10.1001/jama.2014.6596. Comment & Response Guidelines for Managing High Blood Pressure—Reply JAMA. 2014;312(3):295-296. doi:10.1001/jama.2014.6599. Related Multimedia **▼** | ↑↓ Author Interview JAMA 2013-12-18, Vol. 311, No. 5, Author Audio Interview (Published online December 18, 2013) (22:57)00:00100:00 ▼ ↑↓ Articles Related By Topic Filter By Topic > The Return on INVEST JAMA. 2003;290(21):2859-2861. doi:10.1001/jama.290.21.2859. Association Between Cardiovascular Outcomes and Antihypertensive Drug Treatment in Older Women JAMA. 2004;292(23):2849-2859. doi:10.1001/jama.292.23.2849. [+] View More **▼** 1↓ Related Collections Cardiology Cardiovascular Disease Prevention

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The panel also included a senior scientist from the National Institute of Diabetes and Digestive and Kidney and a senior scientist from NHLBI who withdrew from authorship prior to publication. Two members left

the panel early in the process before the evidence review because of new job commitments that prevented participate in discussions as long as they declared their relationships, but they recused themselves from voting on evidence statements approximantations recently otheir relationships or conflicts. Four panel members (24%) had relationships with injustry or potential conflicts to disclose at the outset of the process.

In January 2013, the guideline was submitted for external peer review by NHLBI to 20 reviewers, all of whom had expertise in hypertension, and to 16 federal agencies. Reviewers also had expertise in cardiology, nephrology, primary care, pharmacology, research (including clinical trials), biostatistics, and other important related fields. Sixteen individual reviewers and 5 federal agencies responded. Reviewers' comments were collected, collated, and anonymized. Comments were reviewed and discussed by the panel from March through June 2013 and incorporated into a revised document. (Reviewers' comments and suggestions, and responses and disposition by the panel are available on request from the authors.)

## QUESTIONS GUIDING THE EVIDENCE REVIEW

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This evidence-based hypertension guideline focuses on the panel's 3 highest-ranked questions related to high BP management identified through a modified Delphi technique. 5 Nine recommendations are made reflecting these questions. These questions address thresholds and goals for pharmacologic treatment of hypertension and whether particular antihypertensive drugs or drug classes improve important health outcomes compared with other drug classes.

1. In adults with hypertension, does initiating antihypertensive pharmacologic therapy at specific BP

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