

## Hypertension Treatment Guideline

MVP Health Care, as part of a continuing Quality Improvement Program, has adopted the National Heart, Lung and Blood Institute's (NHLBI) Report on the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7). A copy of the JNC 7 can be found on the Internet at the address listed below: Visit the NIH's website at <http://www.nhlbi.nih.gov/guidelines/hypertension/>.

### Statistics – Morbidity & Mortality

- Approximately one-third of U.S. adults have hypertension<sup>1</sup>.
- Hypertension is a risk factor for stroke, heart attack, heart failure and kidney disease. Approximately 7.1 million deaths per year can be attributed to hypertension.
- Despite many effective treatments for hypertension being available, control rates remain suboptimal. According to the JNC 7 report, just over one-third of hypertensive individuals achieve a rate of < 140/90 mmHg.

### Summary of the Guidelines and Other Support for Management of Hypertension

The full report of the JNC 7 provides a wealth of information for primary care practitioners regarding risk, measurement, classification, prevention, causes of and treatment for hypertension. The JNC 7 Hypertension Reference Card provides key information in an easy-to-understand, succinct format. This, as well as the DASH Diet Eating Plan Facts and other tools to assist providers with educating their patients on hypertension, are included in the Physician Quality Improvement Manual under *Cardiac Care* ([https://www.mvphealthcare.com/provider/qim/cardiac\\_care.html](https://www.mvphealthcare.com/provider/qim/cardiac_care.html)).

The National Heart, Lung and Blood Institute is currently in the process of reviewing the Hypertension guideline and expects to release the new report (JNC 8) in 2012. At that time, MVP will review and update its guideline accordingly.

*This guideline is not intended to replace the role of the physician's clinical judgment in the management of medical services, it is an educational guideline provided to assist in the delivery of good medical care. All treatment decisions are ultimately based on the physician's clinical assessment and judgment. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.*

*MVP updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site, and by written notices from the plan via fax or newsletter. A print copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at 1 (800) 777-4793 extension 2602.*

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<sup>1</sup> Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention. *High blood pressure fact sheet*. February 2010. Downloaded July 26, 2011 at: [http://www.cdc.gov/dhdsp/data\\_statistics/fact\\_sheets/fs\\_bloodpressure.htm](http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm).