Hypertension Treatment Algorithm 2014
Adapted from JNC-8
For June University of Best Practices

Distributed by Clinicians
Group Capital Region
Right Care 2015
Implement lifestyle interventions (continue throughout management).

Set blood pressure goal and initiate blood pressure lowering medication based on age, race, diabetes, and chronic kidney disease (CKD).

**Adult aged ≥18 years with hypertension**

- **Age ≥60 years**
  - Blood pressure goal:
    - Nonblack**: Initiate thiazide-type diuretic or ACEI or ARB or CCB, alone or in combination
    - Black**: Initiate thiazide-type diuretic or CCB, alone or in combination

- **Age <60 years**
  - Blood pressure goal:
    - Nonblack**: Initiate thiazide-type diuretic or ACEI or ARB or CCB, alone or in combination
    - Black**: Initiate thiazide-type diuretic or CCB, alone or in combination

- **All ages**
  - Diabetes present
    - No CKD
      - Blood pressure goal:
        - All Races
          - Select a drug treatment titration strategy
            - A. Maximize first medication before adding second or
            - B. Add second medication before reaching maximum dose of first medication or
            - C. Start with 2 medication classes separately or as fixed-dose combination.

- **All ages**
  - CKD present with or without diabetes
    - Blood pressure goal:
      - All Races
      - Select a drug treatment titration strategy
        - A. Maximize first medication before adding second or
        - B. Add second medication before reaching maximum dose of first medication or
        - C. Start with 2 medication classes separately or as fixed-dose combination.
At goal blood pressure? 

Yes 

NO

Reinforce medication and lifestyle adherence. For strategies A and B, add and titrate thiazide-type diuretic or ACEI or ARB or CCB (use medication class not previously selected and avoid combined use of ACEI and ARB). For strategy C, titrate doses of initial medications to maximum.

At goal blood pressure? 

Yes 

No 

Reinforce medication and lifestyle adherence. Add and titrate thiazide-type diuretic or ACEI or ARB or CCB (use medication class not previously selected and avoid combined use of ACEI and ARB).

At goal blood pressure? 

Yes 

No 

Reinforce medication and lifestyle adherence. Add additional medication class (e.g., β-blocker, aldosterone antagonist, or others) and/or refer to physician with expertise in hypertension management.

At goal blood pressure? 

Yes 

No 

Continue current treatment and monitoring†