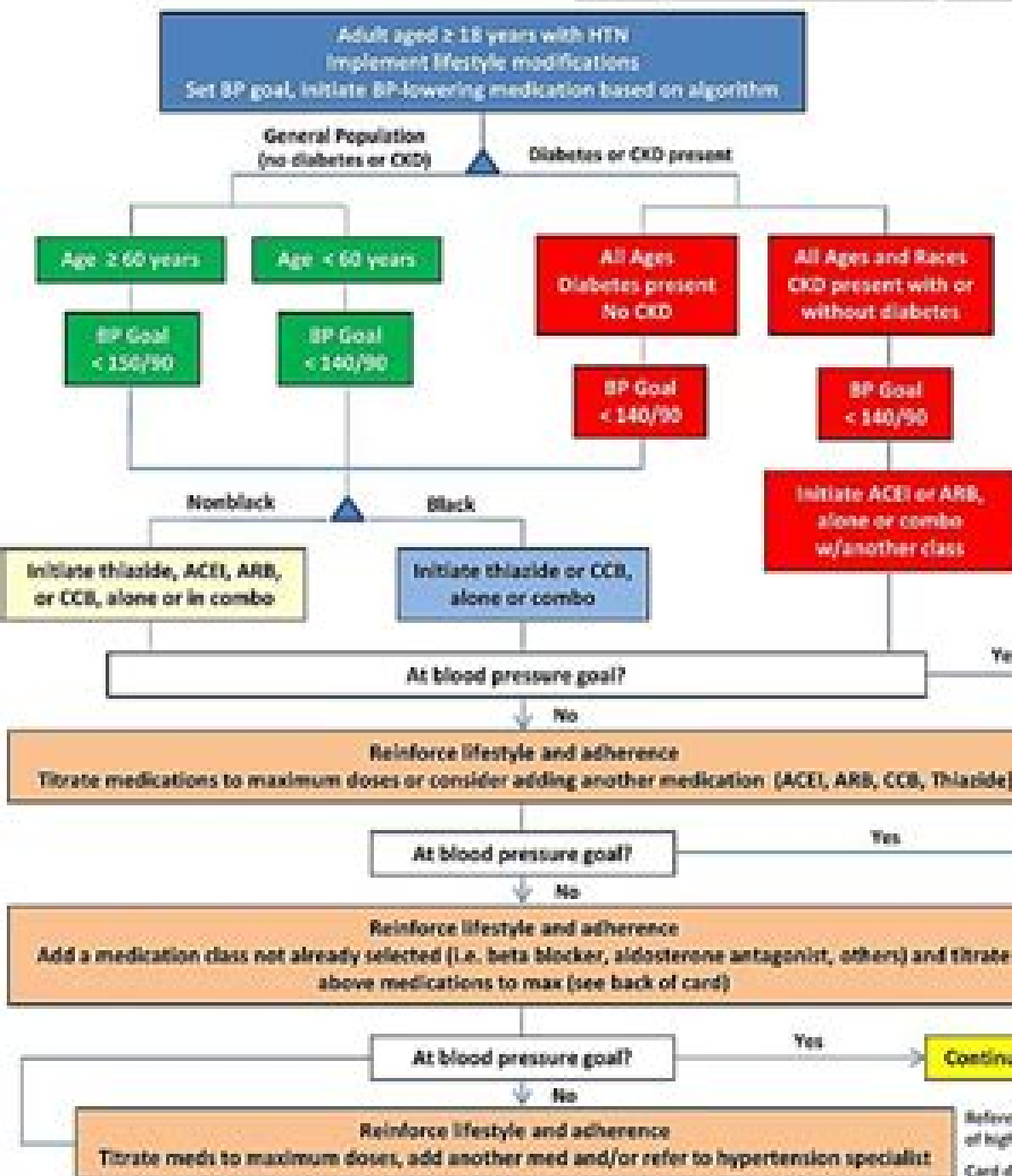


# JNC 8 Hypertension Guideline Algorithm



**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 13;311(5):507-20

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

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**Michelle J. Willihnganz, Bruce D.  
Clayton**



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Family Nurse Practitioner Certification Intensive Review Maria T. Codina Leik, 2013-08-12 Also Available As The FNP Certification Review App Praise for the First Edition This is a well written comprehensive review aimed at preparing readers for successfully completing a board certification exam This is a wonderful comprehensive review in a concise study guide format Doody's Medical Reviews The second edition of this acclaimed FNP review continues to promote efficient time saving study by synthesizing the key content needed to pass the NP Certification Exam into a concise well organized format Using test taking strategies meticulously developed by the author the Review provides unique question dissection techniques targeted key content review 600 in depth practice questions and detailed current exam information in a fast facts style This second edition includes new chapters on pediatrics and adolescence and an extensive new section on geriatrics that encompasses body metabolic changes common disorders and hospice ethical considerations The book also presents an expanded intensive pharmacology review 100 new exam questions and is the only review to offer a new research chapter providing elements of research needed for E B practice The book reviews the complete lifespan from pediatrics to geriatrics and including pregnancy and covers non clinical content including ethics medico legal issues advanced practice law and reimbursement guidelines The review of primary care disorders is organized by body system The content is applicable for certification exams for both the ANCC and the AANP This book is also a great companion to the FNP Certification Review app coming soon for your iPhone or iPad New to this edition Reorganized for greater ease of use Provides extensive new section on geriatrics Contains expanded coverage of pediatrics and adolescence Offers expanded intensive style pharmacology review Presents elements of research needed for E B practice Includes 100 new questions for a total of 600 high yield questions Why use this review Delineates strategic question dissection techniques for study success developed by the author a leading provider of exam preparation education for over 20 years Provides precisely targeted content review Offers 600 in depth practice questions and detailed exam information Includes Exam Tips and Clinical Tips to help prioritize test content It is the only book to present elements of research needed for E B practice Outlines normal findings and benign variants in physical assessment of each body system Includes succinct review of diseases commonly seen in primary care It is a great companion to the forthcoming FNP Certification Review app Understanding Nursing Research - E-Book Susan K. Grove, Jennifer R. Gray, Nancy Burns, 2014-09-18 NEW Redesigned research example format includes research examples have been thoroughly redesigned with a clear hierarchy of subcategories NEW Improved focus on need to know content and greater use of bulleting creative illustrations and tables employs a more consistent streamlined approach from chapter to chapter NEW Updated research examples ensure you are learning through the most clinically relevant topics and studies NEW Detailed directions on how to critically appraise research syntheses such as systematic reviews meta analyses meta syntheses and mixed methods systematic reviews increase your understanding of the types of research syntheses conducted

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current evidence based guidelines The Seventh Edition addresses care of women throughout the lifespan including primary care gynecology maternity care in a variety of settings and newborn care It also provides new content on social determinants of health the changing face of the population and the population that midwives serve It is known as the gold standard for midwifery practice Family Practice Guidelines, Third Edition Jill C. Cash, Cheryl A. Glass, 2014-02-10 Print CourseSmart

Bibliographic Guide to Theatre Arts New York Public Library. Research Libraries, 1985 **Bibliographic Guide to Music** New York Public Library. Music Division, 1987 *Burket's Oral Medicine, 12th Edition* Michael Glick, 2015-01-01 Inherently interdisciplinary the field of oral medicine continues to incorporate and apply new knowledge and techniques to the care of patients For nearly 70 years Burket s Oral Medicine has been the principal text for all major aspects of oral medicine from the basic science to clinical practice This 12th edition continuous to serve as the authoritative source of information for students residents and clinicians interested in the field of oral medicine Through the addition of new chapters and substantial new material the 12th edition of the book significantly advances the understanding of today s practice of oral medicine Research findings are produced at a rapid pace and are readily accessible from a variety of sources A chapter on clinical research has been added to the book to help readers interpret how scientific findings reported in the literature impact their practice Awareness of the unique aspects of oral health needs for the elderly infants and young children prompted the inclusion of two new chapters introducing the fields of geriatric and pediatric oral medicine Two other original chapters on radiologic interpretations and complications of nonsurgical cancer therapy complement in more detail other broader topics addressed in the book The 12th edition of Burket s Oral Medicine continues the tradition of this text in providing students residents and experienced practitioners with access to the expertise and experience of an international group of clinical scholars who are recognized experts in the increasingly complex field of diagnosis and medical management of maxillofacial disease and dental treatment of medically complex patients **The Intelligent Microcomputer** Roy W. Goody, 1986 **The IBM PC AT Programmer's Guide** James T. Smith, 1986 Clearly presents what you need to know to take complete control of the PC AT Provides extensive information about DOS 3.0 the Intel 80286 and the PC AT BIOS to give you all the tools you need for proficient programming Also included is a detailed background on the IBM family of personal computers how they differ from the AT and the Intel 8086 CPU family **The Philippine Seas: Biodiversity and Ecological Impacts of Natural and Anthropogenic stressors in Tropical Reef Systems** Michael Yu Roleda, Yehuda Benayahu, 2024-04-18 The Philippines is located in a region called the Coral Triangle an area of exceptional importance as it is recognized as the global center for marine biodiversity Within this region the Philippines is also known as the center of this center The marine resources are made up of coral reefs seagrass beds seaweeds invertebrates fisheries and many others Unfortunately the Philippines is facing challenges to conserve its marine biodiversity due to overfishing destructive fishing practices and mariculture derived eutrophication and coastal acidification among others These human activities coupled with

climate change pose serious threats and possible decimation of its marine biodiversity      *The Publishers' Trade List Annual*  
,1986      **Illustrated Sporting & Dramatic News** ,1907      *Major Microprocessors* Jean-Daniel Nicoud,F. Wagner,1987  
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## **Table of Contents Jnc 8 Reference Card**

1. Understanding the eBook Jnc 8 Reference Card
  - The Rise of Digital Reading Jnc 8 Reference Card
  - Advantages of eBooks Over Traditional Books
2. Identifying Jnc 8 Reference Card
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Jnc 8 Reference Card
  - User-Friendly Interface
4. Exploring eBook Recommendations from Jnc 8 Reference Card
  - Personalized Recommendations
  - Jnc 8 Reference Card User Reviews and Ratings
  - Jnc 8 Reference Card and Bestseller Lists
5. Accessing Jnc 8 Reference Card Free and Paid eBooks
  - Jnc 8 Reference Card Public Domain eBooks

- Jnc 8 Reference Card eBook Subscription Services
- Jnc 8 Reference Card Budget-Friendly Options
- 6. Navigating Jnc 8 Reference Card eBook Formats
  - ePub, PDF, MOBI, and More
  - Jnc 8 Reference Card Compatibility with Devices
  - Jnc 8 Reference Card Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Jnc 8 Reference Card
  - Highlighting and Note-Taking Jnc 8 Reference Card
  - Interactive Elements Jnc 8 Reference Card
- 8. Staying Engaged with Jnc 8 Reference Card
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Jnc 8 Reference Card
- 9. Balancing eBooks and Physical Books Jnc 8 Reference Card
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Jnc 8 Reference Card
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Jnc 8 Reference Card
  - Setting Reading Goals Jnc 8 Reference Card
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Jnc 8 Reference Card
  - Fact-Checking eBook Content of Jnc 8 Reference Card
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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