

Jnc 8 Quick Card Guide

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Jnc 8 Quick Card Guide

JNC 8 Hypertension Guideline Algorithm 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.

JNC 8 Hypertension Guideline Algorithm Initial Drugs of ...

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THE EIGHTH JOINT NATIONAL COMMITTEE (JNC 8) The new guideline has simplifi ed the treatment of hypertension. Patients are categorized ac-cording to age and the presence of diabetes (DM) or/and chronic kidney disease (CKD). Defi ni-tions of hypertension and prehypertension are not addressed, but thresholds for pharmaco-logic treatment are ...

HYPERTENSION GUIDELINES

As in JNC 7, the JNC 8 guidelines also recommend lifestyle changes as an important component of therapy. Lifestyle interventions include use of the Dietary Approaches to Stop Hypertension (DASH) eating plan, weight loss, reduction in sodium intake to less than 2.4 grams per day, and at least 30 minutes of aerobic activity most days of the week.

The JNC 8 Hypertension Guidelines: An In-Depth Guide

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Guidelines for Management of High Blood Pressure in Adults In 2014, panel members of the Eighth Joint National Committee published the results of their evidence review and deliberations about the prevention, detection, evaluation, and treatment of high blood pressure.

Explore JNC 8 Hypertension Guidelines from JAMA Network

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Tags: JNC 8 New Guideline Hypertension Chart Updated hypertension recommendations from panel members previously appointed to the Eight Joint National Committee (JNC 8) raised blood pressure goals in adults age 60 and older to less than 150/90 mm Hg, with patients younger than 60 years old (including those with chronic kidney disease and diabetes) having a target of less than 140/90 mm Hg.

JNC 8 New Guideline Hypertension Chart - Pharmacy Exam

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The Eighth Joint National Committee (JNC 8) recently released evidence-based recommendations on treatment thresholds, goals, and medications in the management of hypertension in adults.

JNC 8 Guidelines for the Management of ... - AAFP Home

JNC8 Hypertension Guidelines Booklet (pdf version of the laminated card) JNC 8 Guidelines for the Management of Hypertension in Adults, reviewed on AAFP

JNC 8 Hypertension Guidelines | Time of Care

Committee (JNC 8). JAMA 2013 Dec 18. doi: 10.1001/jama.2013.284427. [Epub ahead of print]. 2. Weber MA, Schiffrin EL, White WB, et al. Clinical practice guidelines for the management of hypertension in the community: a statement by the American Society of Hypertension and the International Society of Hypertension. J Clin

Treatment of Hypertension: JNC 8 and More

Reference Card From the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7) EVALUATION Classification of Blood Pressure (BP)* Category SBP mmHg DBP mmHg Normal <120 and <80 Prehypertension 120–139 or 80–89 Hypertension, Stage 1 140–159 or 90–99

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