Clinical Practice Guideline 2008 Key Points

Hypertension

Provided by:
Highmark Cardiology Clinical Quality Improvement Committee
In accordance with Highmark’s commitment to quality care, the Highmark Cardiology Quality Improvement Committee, consisting of network Primary Care Physicians and Specialists, has adopted the National Heart, Lung, and Blood Institute’s (NHLBI) Clinical Practice Recommendations as appropriate for use throughout the Highmark networks.

Selected Clinical Guidelines and Additional References
The full NHLBI guidelines are available on the following World Wide Web sites:
http://www.nhlbi.nih.gov/guidelines/hypertension/

KEY POINTS
Some flexibility in specific cases will require deviations from guideline recommendations. All providers are responsible for individualizing recommendations to the specific clinical characteristics of each patient.

<table>
<thead>
<tr>
<th>Classification of Blood Pressure For Adults age 18 and older</th>
<th>Systolic (mmHg)</th>
<th>Diastolic (mmHg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt;120</td>
<td>&lt;80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>129-139</td>
<td>or 80-90</td>
</tr>
<tr>
<td>Stage 1 Hypertension</td>
<td>140-159</td>
<td>or 90-99</td>
</tr>
<tr>
<td>Stage 2 Hypertension</td>
<td>≥ 160</td>
<td>or ≥ 100</td>
</tr>
</tbody>
</table>

Treatment determined by the highest BP category
❖ Treat to BP<140/90 mm/Hg
❖ Treat to BP<130/80 mm/Hg in patients with diabetes or chronic kidney disease

Principles of Treatment
Goal is to reduce cardiovascular and renal morbidity and mortality

<table>
<thead>
<tr>
<th>Nonpharmacological therapy</th>
<th>Pharmacological treatment</th>
<th>Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifestyle modifications</td>
<td>Majority of patients will require two medications to reach goal, see JNC 7 Treatment Algorithm</td>
<td>Frequent visits are recommended</td>
</tr>
</tbody>
</table>

❖ Weight reduction
❖ Dietary Approaches to Stop Hypertension (DASH) eating plan
❖ Dietary sodium reduction
❖ Moderate physical activity
❖ Moderation of alcohol intake

Based on:
❖ Comorbidities
❖ Severity of hypertension
❖ Risk factors
❖ Target organ damage

Most patients following initiation of therapy, 1-2 months
Frequency determined based on associated medical problems such as target organ damage, major risk factors and laboratory test abnormalities Once BP controlled, 3-6 month intervals
Additional References

- American Diabetes Association - Hypertension Management in Adults With Diabetes
  http://care.diabetesjournals.org/cgi/content/full/27/suppl_1/s65
- Evidence-Based Guidelines for Cardiovascular Disease Prevention in Women
  http://circ.ahajournals.org/cgi/reprint/01.CIR.0000114834.85476.81v1.pdf
- Download the JNC 7 application for Palm OS and Pocket PC 2003
  http://hin.nhlbi.nih.gov/jnc7/jnc7pda.htm

Resources For Your Highmark Patients

- Blues On Call™ nurse Health Coaches are available 24/7 to provide one-on-one telephonic support for patients regarding chest pain and many other health topics. Your Highmark patients can reach Blues On Call at 1-888-258-3428 (1-888-BLUE 428) toll free.
- The Dr. Dean Ornish Program for Reversing Heart Disease® is currently available at nine western Pennsylvania hospitals. Participants in this 12-month long lifestyle improvement program have experienced improved lipid panels, weight loss, decreased blood pressure, and better blood glucose control. (Applicants with Diabetes, CHD or risk factors may qualify)
- Ornish Advantage is a six-week program for those who want to learn more about modifying their lifestyle to prevent heart disease. It is designed as an introduction to the Dr. Dean Ornish Program for Reversing Heart Disease®. Each session is delivered by a highly trained team of clinical professionals and includes both lectures and interactive lifestyle improvement activities. For more information about The Dr. Dean Ornish Program for Reversing Heart Disease® or Ornish Advantage call 1-800-879-2217.
- In addition, the following wellness programs are offered through the Preventive Health Services Network:
  - Personal Nutrition Coaching
  - Eat Well for Life, a hands on nutrition program for life-long weight management
  - Discover Relaxation Within, to help manage stress
  - Clear the Air, to help you quit smoking
  - HOPE, to help manage or prevent osteoporosis
  For more information, call 1-800-879-2217.
- On-line “Improve Your Health” programs are available at www.highmark.com:
  - HealthMedia® Balance™ – A weight management program
  - HealthMedia® Nourish™ – A nutrition program
  - HealthMedia® Breathe™ – A smoking cessation program
  - HealthMedia® Relax™ – A stress management program
  - HealthMedia® Care™ For Your Health – A self management program for chronic conditions
  - To access Highmark’s “Improve Your Health” programs:
    - Direct your Highmark patients to go to Highmark’s website at www.highmark.com and select the web address for the plan that serves them.
    - Log in to the member website. Not registered? Select “click here to get a password”
    - HealthMedia programs can be found by clicking the tab heading on the top of the home page called “Your Health” and then selecting “Improve Your Health” from the list of topics on the left side of the page

Physicians are encouraged to reference the Highmark Drug Formulary when selecting prescription drug therapy for eligible members, which may be found at http://highmark.formularies.com/. Members with a Select (formerly the Highmark Closed Formulary) benefit do not have coverage for nonformulary drugs. When selecting prescription drug therapy for eligible Medicare Advantage members, please consider referencing the Highmark Medicare-Approved Formulary which may be found at http://highmark.medicare-approvedformularies.com.
If appropriate, consider prescribing medications included in the formulary to avoid noncovered expenses for your patient. Physicians may request to have a nonformulary drug covered for an individual patient. Evidence to support the ineffectiveness of formulary alternatives for the particular patient’s condition or a reasonable expectation of adverse reactions from the use of formulary products must be submitted for a request to be considered.

Instructions and the request form for this process are located on the Provider Resource Center under “Provider Forms”.

As with any insurance, members are eligible for services only as long as they are active members of the plan and the services are covered benefits of their group or direct pay contract.