JNC 8 Updates on Hypertension

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Disclosures

• None
Introduction

- Hypertension affects 29% US adult population
  - Estimated 72 million people, with a prevalence of >65% in persons older than 60 yrs, 1 in 3 adults

- Hypertension disproportionately affects the African American community with over 45% AA males and 46% AA females affected by high blood pressure compared to a national rate of 33%.

- Attributable risk factor in 41% of all CVD deaths from MI, heart failure, and stroke

- HTN in middle age is known to increase the risk of chronic kidney disease (CKD) and dementia in later life

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Introduction

- Graded relationship between increasing BP and risk of CVD
  - Increase in BP 20 mmHg systolic or 10 mmHg diastolic associated with a doubling of the risk of CVD death, regardless of age

- Despite increasing BP recognition and improvement in control are improving, nearly half of the hypertensive population remains suboptimally controlled

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Many Americans are living with high blood pressure that is not controlled.

From 2009 to 2012 among US adults with HBP, our goal for better control is to move 13.6M people to control by 2020.

- 54.1% HBP is controlled
- 76.5% currently treated
- 82.7% are aware they have HBP
- 17.3% remain undiagnosed
JNC 8 Recommendations

• JNC7 published in 2003, IOM called for updated guidelines in 2011 aimed at answering 3 major questions:
  – Does initiating antihypertensive treatment at specific BP thresholds improve health outcomes?
  – Does treatment with antihypertensive therapy to a specific BP goal improve health outcomes?
  – Are there differences in benefit/harm between antihypertensive drugs or drug classes on specific health outcomes?
**JNC 8 Recommendation 1**

- In the general population ≥ 60 yrs, initiate pharmacologic treatment at **SBP ≥150 mmHg or DBP ≥90 mmHg** and treat to a goal **SBP <150 mmHg and DBP <90 mmHg**

- JNC 8 BP target of <150/90 mmHg is recommended for those older than 60 yrs, evidence for this target is strongest for those >80 yrs
  - Hypertension in the Very Elderly Trial: benefit to treating patients >80 yrs to an average SBP of 144 mmHg
  - 39% reduction in fatal strokes, 21% reduction in death from any cause, and 64% reduction in HF
  - Frail adults >80 yrs were excluded from the trial
JNC 8 Recommendation 1

- SPRINT designed to look for a benefit of intensive BP treatment in those at risk for developing heart failure or CVD
  - Randomized 9361 nondiabetic adults ≥50 yrs with no prior stroke to a standard group with target SBP <140 mmHg and an intensive group with target SBP <120 mmHg
  - Average age of 68 yrs and Framingham 10-year CVD risk 20%

- Significantly reduced relative rates of CVD-related death (43%, p=0.005) and events (25%, P<0.001)

- Reduction in CVD events came at the cost of higher rates of hypotension, acute kidney injury, syncope, and electrolyte disturbances

- Results from SPRINT contradict the recommendations of JNC8 and may support even lower SBP targets for the consideration of the new AHA/ACC guideline committee

JNC 8 Recommendation 2

- In all persons <60 yrs or >18 yrs (and either those younger or older than 60 yrs with either DM or CKD), initiate pharmacologic treatment to lower SBP ≥140 or DBP ≥90 mmHg and treat to a goal BP of <140/90 mmHg

- Recommendation for target BP in DM by most professional societies is <140/90 mmHg, although ESH/ESC recommend a DBP target of <85 mmHg
  - More support can be found for DBP versus SBP goals among younger adults with HTN and DM
### Summary Recommendations

<table>
<thead>
<tr>
<th>General Area</th>
<th>JNC 8 Recommendation</th>
<th>Recommendations for AHA/ACC Committee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnosis of hypertension</td>
<td>None</td>
<td>• Add specific recommendations on use of ambulatory blood pressure monitoring and home blood pressure monitoring</td>
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<td>• Devise a risk-based strategy for determination of treatment initiation thresholds and targets</td>
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<td>• Specify timeframe of attempting lifestyle modification alone before initiation of therapy</td>
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<tr>
<td>Treatment initiation thresholds and targets</td>
<td>Adults ≥60 y old, SBP/DBP treatment initiation threshold and target of 150/90 mm Hg</td>
<td>• Lower the SBP treatment initiation threshold and target to 140 mm Hg for adults ≥80 y old[16, 20, 21]</td>
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<td>Adults &gt;18 y old and &lt;60 y old or any adult with diabetes or CKD, SBP/DBP treatment initiation threshold and target of 140/90 mm Hg</td>
<td>• Lower DBP treatment initiation threshold and target to 85 mm Hg for diabetic adults[27, 31]</td>
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<td>• Optional SBP/DBP treatment initiation threshold and target of ≤130/80 mm Hg for adults with CKD and ≥300 mg/d potassium[15, 36]</td>
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<td>• Add specific guidance for adults with preexisting CVD</td>
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<td>Selection of therapy</td>
<td>Nonblack adults, including diabetics: first-line therapy includes thiazides, CCB, ACEI/ARB</td>
<td>• For nonblack adults with preexisting CVD or diabetes, recommend ACEI or ARB as first-line therapy</td>
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<td>Black adults, including diabetics: first-line therapy includes thiazides or CCB</td>
<td>• For black adults with diabetes, recommend ACEI or ARB as add-on therapy for patients requiring multide drug therapy</td>
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<td>Adults with CKD: first-line therapy includes ACEI/ARB</td>
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## Guidelines for Referral

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<tr>
<th>Visit and Clinical Status</th>
<th>Blood Pressure</th>
<th>Recommendations</th>
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</thead>
<tbody>
<tr>
<td>Hypertensive urgency or emergency</td>
<td>( \geq 210 \text{ and/or} \geq 120 \text{ mmHg} )</td>
<td>1. Recheck BP after 5 minutes</td>
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<tr>
<td></td>
<td></td>
<td>2. Abort any planned procedure, call 911</td>
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<tr>
<td></td>
<td></td>
<td>3. Provide referral note with details of BP</td>
</tr>
<tr>
<td>Single-visit dental hygienist’s reading for a patient/client with a history of risk factors (prior MI, angina, recurrent stroke, DM, renal disease)</td>
<td>180-209 and/or 110/119 mmHg</td>
<td>1. Recheck BP after 5 minutes</td>
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<td>4. Refer the patient/client for a medical consultation</td>
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<td>Single-visit dental hygienist’s reading for a patient/client with a history of risk factors (prior MI, angina, recurrent stroke, DM, renal disease)</td>
<td>110/119 mmHg</td>
<td>1. Re-check BP after 5 minutes</td>
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<td>2. Perform only non-invasive dental hygiene care; avoid invasive procedures</td>
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<td>3. Give the patient/client a written note of all the BP readings</td>
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| Single-visit dental hygienist’s reading for a patient/client **with a history of risk factors** (prior MI, angina, recurrent stroke, DM, renal disease) | 160-179 and/or 100-109 mmHg | 1. Recheck BP after 5 minutes  
2. Perform only non-invasive dental hygiene care; avoid invasive procedures  
3. Give the patient/client a written note of all the BP readings  
4. Refer the patient/client for a medical consultation |
| Single-visit dental hygienist’s reading for a patient/client **with a history of risk factors** (prior MI, angina, recurrent stroke, DM, renal disease) | 130-159 and/or 80-99 mmHg | 1. Re-check BP after 5 minutes  
2. Perform only non-invasive dental hygiene care; avoid invasive procedures  
3. Give the patient/client a written note of all the BP readings  
4. Refer the patient/client for a medical consultation |
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<td>Single-visit dental hygienist’s reading for a patient/client with a history of risk factors (prior MI, angina, recurrent stroke, DM, renal disease) or who is receiving anti-hypertensive medication</td>
<td>&lt;130 and/or 80 mmHg</td>
<td>1. Proceed with dental hygiene care and procedures as required</td>
</tr>
</tbody>
</table>

Adapted from: Zahedi S. *Oral Health* 2012-02-01.
AHA is working toward that goal here in Maryland by encouraging participation in these two blood pressure management programs.

**Target: BP**
- AHA/AMA call to action
- Clinical resources for improving HBP
- Recognition

**Check. Change. Control.®**
- Individual self-management program
- Offered through key partners

Slide courtesy of the American Heart Association
Blood Pressure Management

What is Target: BP?

A call to action motivating medical practices, practitioners and health services organizations to prioritize blood pressure control

Recognition for healthcare providers who attain high levels of blood pressure control in their patient populations, particularly those who achieve 70, 80 percent or higher control

A source for tools and assets for healthcare providers to use in practice, including the AHA/ACC/CDC Hypertension Treatment Algorithm and the AMA’s M.A.P. Checklist

Slide courtesy of the American Heart Association
Blood Pressure Management

What is Check. Change. Control.®?

Developed to support hypertension management among the adult population, Check. Change. Control.® engages participants, emphasizing 3 important aspects of managing hypertension:

1. **Checking** for high blood pressure and symptoms;
2. **Changing** lifestyle and seeking treatment;
3. **Controlling** hypertension by taking preventative measures.

Slide courtesy of the American Heart Association
Additional Resources

AHA Go Red for Women Campaign
https://www.goredforwomen.org

Johns Hopkins Women’s Cardiovascular Health Center
Monica Mukherjee, MD, MPH, mmukher2@jhmi.edu

American Heart Association, Maryland
Danelle Buchman, Senior Community Health Director, danelle.buchman@heart.org
Special Consideration: Diabetes

- Action to Control Cardiovascular Risk in Diabetes (ACCORD) trial compared 2 SBP targets in diabetic patients, <140 or <120 mmHg
  - 4.7 yrs follow-up, the primary outcome of nonfatal MI, stroke, or CVD death was not significantly different between the 2 groups
  - Total stroke rate in intensive arm was reduced by 41% (p=0.01)

- Based on these studies, achieving a lower BP goal in people with diabetes appears to be more consistently associated with a lower risk of stroke than MI
  - Support a target SBP <140 mmHg and DBP <85 mmHg in DM

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  - Support a target SBP <140 mmHg and DBP <85 mmHg in DM

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Special Consideration: *CKD*

- BP targets in CKD were also increased from <130/80 to <140/90 mmHg between the JNC 7 → JNC 8.

- Important distinction between CKD based on proteinuria status, with a lower BP goal of <130/80 to 90 mmHg for those with proteinuria detectable on urinanalysis.

- Given that the baseline risk of the patient appears to influence the outcomes of BP treatment, a **lower BP goal of <130/80 mmHg** may be recommended for those with >300 mg/d proteinuria.
Special Consideration: Secondary Prevention of CVD

- AHA, ACC, ASH, ESC endorse a goal of **<140/90 mmHg** for those with HTN and CVD with an optional target of **<130/80 mmHg** for those with CVD and previous MI, stroke/TIA, carotid artery disease, peripheral arterial disease, or abdominal aortic aneurysm

JNC 8 Recommendation 6-9

• In the general **nonblack** population, including those with DM, initial antihypertensive treatment should include a **thiazide-type diuretic, CCB, ACEI, or ARB**

• In the general **black** population, including those with diabetes, initial antihypertensive treatment should include a **thiazide-type diuretic or CCB**
  – In the black population with HTN (no DM or CKD), CCBs and thiazide diuretics generally tend to be favored as initial therapy over renin-angiotensin system blockers based on subgroup analysis from ALLHAT
  – If a black patient has coexisting CKD and albuminuria, initial treatment should be an ACEI or ARB
JNC 8 Recommendation 6-9

• In the population aged ≥18 yrs with CKD, initial (or add-on) antihypertensive treatment should include an ACEI or ARB to improve kidney outcomes
  – Baseline risk and degree of proteinuria important in guiding intensiveness of antihypertensive therapies

• While JNC 8 has the same treatment recommendations for people with or without diabetes, most other societies suggest that only ACEIs or ARBs should be first-line treatment for patients with diabetes

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Kovell LC et al. J Am Heart Assoc. 2015;4(12): e002315
James PA et al. JAMA. 2014;311:507–20