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## What are the jnc 8 guidelines for hypertension pdf

Skip Nav Destination PDF Split View Article contents Figures & tables Video Audio Supplementary Data The long-awaited American College of Cardiology/American Heart Association (ACC/AHA) hypertension guidelines<sup>1</sup> were released on 13 November 2017 at the American Heart Association (AHA) annual meeting in Anaheim, CA, USA, with simultaneous publication in the journals *Hypertension* and the *Journal of the American College of Cardiology* (JACC). This guideline is the first one released since the National Heart Lung and Blood Institute (NHLBI) transferred responsibility for hypertension guideline development to these organizations; the last official NHLBI hypertension guideline, JNC 7, was published 14 years ago. Though the JNC 8 committee was disbanded after nearly 5 years of deliberation, the JNC 8 report<sup>3</sup> was, however, published 4 years ago by a subgroup of the original committee. The new ACC/AHA guidelines forged a new path in regards to its utilization of the peer-reviewed hypertension literature to develop their recommendations. Randomized clinical trials, meta-analyses, epidemiological investigations, simulation studies, and expert opinion were considered in the development of recommendations that were rigorously stratified by the class (strength) of recommendation as well as the level (quality of evidence). The new guideline is comprehensive covering prevention, diagnosis, monitoring, and treatment of hypertension across virtually all clinical settings. This commentary will highlight some of the new and notable changes in this guideline in comparison to JNC 7 and, to a lesser degree, JNC 8, as well as the clinical and public health implications of the new guideline for ambulatory clinical management of blood pressure (BP). A mostly new classification scheme for BP was a prominent feature of the new guideline.





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