Joint National Committee on High Blood Pressure (JNC 8)

AMGA Town Hall
Scientific Advisory Council
# History of NHLBI CVD Adult Clinical Guidelines

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>JNC 5: 1992</td>
<td>ATP II: 1993</td>
<td></td>
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<tr>
<td>JNC 3: 1984</td>
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<td>JNC 2: 1980</td>
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<td>JNC 1: 1976</td>
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</table>
NHLBI Systematic Review and Guideline Development Process

- Critical Questions, Study Eligibility Criteria Identified
- Literature Searched; All Eligible Studies Identified
- Studies Quality Rated; Evidence Tables Developed
- Evidence Summarized; Graded by Panel w/ Methodologists
- Recommendations Developed and Graded By Panel
- Draft Reports Written, Reviewed, Revised
- Reports Disseminated & Implemented
- Resources Obtained; Expert Panel Established
- Topic Area Identified

*The Blue portion is the Systematic Review*
This 2014 HTN evidence-based guideline focuses on the panel’s 3 highest ranked questions related to HTN management

1. In adults with HTN, does initiating antihypertensive pharmacologic therapy at specific BP thresholds improve health outcomes?

2. In adults with HTN, does treatment with antihypertensive pharmacologic therapy to a specified BP goal lead to improvements in health outcomes?

3. In adults with HTN, do various antihypertensive drugs or drug classes differ in comparative benefits and harms on specific health outcomes?
The panel decided that, although some trials had higher thresholds for eligibility than the goals tested, translation into practice should make the threshold for initiating antihypertensive treatment the same as the BP treatment goal.
Question 2: Among adults, does treatment with antihypertensive pharmacological therapy to a specified BP goal lead to improvements in health outcomes?

Articles Screened = 1978

Included = 92

- Good = 17
- Fair = 39
- Poor = 36

Excluded = 1886
(Did not meet prespecified inclusion criteria)

Total Abstracted = 56
### NHLBI Study Assessment Tool: Controlled Intervention Studies

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Yes</th>
<th>No</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Was the study described as randomized, a randomized trial, a randomized clinical trial, or an RCT?</td>
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<tr>
<td>5. Were the people assessing the outcomes blinded to the participants' group assignments?</td>
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<tr>
<td>7. Was the overall drop-out rate from the study at its endpoint 20% or less than the number originally allocated to treatment?</td>
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<tr>
<td>14. Were all randomized participants analyzed in the group to which they were originally assigned (i.e., did they use an intention-to-treat analysis)?</td>
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</table>

**Quality Rating**  (Good, Fair, Poor) (see guidance)

Rater #1 initials: ____________________________________________  Rater #2 initials: ____________________________________________

Additional Comments (If POOR, please state why): _____________________________________________________________
<table>
<thead>
<tr>
<th>Trial, year</th>
<th>BP Goal Achieved BP Differences between groups</th>
<th>Overall Mortality</th>
<th>Coronary Heart Disease (includes fatal MI, non-fatal MI, sudden death, or combinations)</th>
<th>Cerebrovascular morbidity and mortality (includes fatal, non-fatal, or combination)</th>
<th>Heart Failure (includes fatal, non-fatal or combination)</th>
</tr>
</thead>
</table>
| SHEP, 1991  | SBP Goal:  
- For individuals with SBPs of >180 mmHg: <160  
- For those with SBPs of 160-179: a reduction of at least 20 mmHg  
At start of trial  
Baseline SBP, mmHg (SD): Txt: 170.5 (9.5)  
Placebo: 170.1 (9.2)  
At 5 years  
Achieved SBP, mmHg (SD)  
Txt: 144.0 (19.3)  
Placebo: 155.1 (20.9)  
p = NR | Total deaths  
RR: 0.87  
CI (0.73, 1.05) | Non-fatal MI  
RR: 0.67 CI (0.47, 0.96)  
Symptomatic MI  
Events: 63 vs 98 p = 0.005  
CHD  
RR: 0.75 CI (0.60, 0.94)  
Non-fatal MI or CHD deaths  
RR: 0.73 CI (0.57, 0.94)  
MI deaths:  
RR: 0.57 CI (0.30-1.08)  
Total CHD deaths:  
RR: 0.80 (0.57, 1.13)  
CHD death - sudden (<1 hr)  
RR: 1.00 CI (0.56, 1.76)  
CHD death - rapid (1-24 hrs)  
RR: 0.87 CI (0.48, 1.56) | Non-fatal plus fatal stroke  
RR: 0.64  
CI (0.50, 0.82) p = 0.0003 | Fatal and non-fatal HF  
RR: 0.51  
CI (0.37, 0.71)  
p < 0.001 |
Special Communication

2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults
Report From the Panel Members Appointed to the Eighth Joint National Committee (JNC 8)

Paul A. James, MD; Suzanne Oparil, MD; Barry L. Carter, PharmD; William C. Cushman, MD; Cheryl Dennison-Himmelfarb, RN, ANP, PhD; Joel Handler, MD; Daniel T. Lackland, DrPH; Michael L. LeFevre, MD, MSPH; Thomas D. MacKenzie, MD, MSPH; Olugbenga Ogedegbe, MD, MPH, MS; Sidney C. Smith Jr, MD; Laura P. Svetkey, MD, MHS; Sandra J. Taler, MD; Raymond R. Townsend, MD; Jackson T. Wright Jr, MD, PhD; Andrew S. Narva, MD; Eduardo Ortiz, MD, MPH
Box. Recommendations for Management of Hypertension

**Recommendation 1**
In the general population aged $\geq 60$ years, initiate pharmacologic treatment to lower blood pressure (BP) at systolic blood pressure (SBP) $\geq 150$ mm Hg or diastolic blood pressure (DBP) $\geq 90$ mm Hg and treat to a goal SBP $<150$ mm Hg and goal DBP $<90$ mm Hg. (Strong Recommendation – Grade A)

**Corollary Recommendation**
In the general population aged $\geq 60$ years, if pharmacologic treatment for high BP results in lower achieved SBP (eg, $<140$ mm Hg) and treatment is well tolerated and without adverse effects on health or quality of life, treatment does not need to be adjusted. (Expert Opinion – Grade E)

**Recommendation 2**
In the general population $<60$ years, initiate pharmacologic treatment to lower BP at DBP $\geq 90$ mm Hg and treat to a goal DBP $<90$ mm Hg. (For ages 30-59 years, Strong Recommendation – Grade A; For ages 18-29 years, Expert Opinion – Grade E)

**Recommendation 3**
In the general population $<60$ years, initiate pharmacologic treatment to lower BP at SBP $\geq 140$ mm Hg and treat to a goal SBP $<140$ mm Hg. (Expert Opinion – Grade E)
**Recommendation 4**
In the population aged ≥18 years with chronic kidney disease (CKD), initiate pharmacologic treatment to lower BP at SBP ≥140 mm Hg or DBP ≥90 mm Hg and treat to goal SBP <140 mm Hg and goal DBP <90 mm Hg. (Expert Opinion – Grade E)

**Recommendation 5**
In the population aged ≥18 years with diabetes, initiate pharmacologic treatment to lower BP at SBP ≥140 mm Hg or DBP ≥90 mm Hg and treat to a goal SBP <140 mm Hg and goal DBP <90 mm Hg. (Expert Opinion – Grade E)

**Recommendation 6**
In the general nonblack population, including those with diabetes, initial antihypertensive treatment should include a thiazide-type diuretic, calcium channel blocker (CCB), angiotensin-converting enzyme inhibitor (ACEI), or angiotensin receptor blocker (ARB). (Moderate Recommendation – Grade B)
Recommendation 7
In the general black population, including those with diabetes, initial antihypertensive treatment should include a thiazide-type diuretic or CCB. (For general black population: Moderate Recommendation – Grade B; for black patients with diabetes: Weak Recommendation – Grade C)

Recommendation 8
In the population aged ≥18 years with CKD, initial (or add-on) antihypertensive treatment should include an ACEI or ARB to improve kidney outcomes. This applies to all CKD patients with hypertension regardless of race or diabetes status. (Moderate Recommendation – Grade B)

Recommendation 9
The main objective of hypertension treatment is to attain and maintain goal BP. If goal BP is not reached within a month of treatment, increase the dose of the initial drug or add a second drug from one of the classes in recommendation 6 (thiazide-type diuretic, CCB, ACEI, or ARB). The clinician should continue to assess BP and adjust the treatment regimen until goal BP is reached. If goal BP cannot be reached with 2 drugs, add and titrate a third drug from the list provided. Do not use an ACEI and an ARB together in the same patient. If goal BP cannot be reached using only the drugs in recommendation 6 because of a contraindication or the need to use more than 3 drugs to reach goal BP, antihypertensive drugs from other classes can be used. Referral to a hypertension specialist may be indicated for patients in whom goal BP cannot be attained using the above strategy or for the management of complicated patients for whom additional clinical consultation is needed. (Expert Opinion – Grade E)
In the general adult population 60 years of age and older, initiate pharmacologic treatment to lower blood pressure at SBP ≥ 150 mm Hg or DBP ≥ 90 mm Hg and treat to a goal SBP < 150 mm Hg and goal DBP < 90 mm Hg.

(Strong Recommendation – Grade A)
## Major Trials Testing SBP Goals in General Populations

<table>
<thead>
<tr>
<th></th>
<th>SHEP</th>
<th>Syst-Eur</th>
<th>HYVET</th>
<th>JATOS</th>
<th>VALISH</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Number</strong></td>
<td>4,736</td>
<td>4,695</td>
<td>3,845</td>
<td>4,418</td>
<td>3,260</td>
</tr>
<tr>
<td><strong>Entry SBP</strong></td>
<td>160-219</td>
<td>160-219</td>
<td>160-199</td>
<td>≥160</td>
<td>≥160</td>
</tr>
<tr>
<td><strong>Goal SBP</strong></td>
<td>&lt;148</td>
<td>&lt;150</td>
<td>&lt;150</td>
<td>&lt;140</td>
<td>&lt;140</td>
</tr>
<tr>
<td><strong>Achieved SBP</strong></td>
<td>142</td>
<td>151</td>
<td>144</td>
<td>136</td>
<td>137</td>
</tr>
<tr>
<td><strong>Stroke</strong></td>
<td>36%</td>
<td>42%</td>
<td>ns</td>
<td>ns</td>
<td>ns</td>
</tr>
<tr>
<td><strong>CVD</strong></td>
<td>32%</td>
<td>31%</td>
<td>34%</td>
<td>ns</td>
<td>ns</td>
</tr>
<tr>
<td><strong>Mortality</strong></td>
<td>ns</td>
<td>ns</td>
<td>21%</td>
<td>ns</td>
<td>ns</td>
</tr>
</tbody>
</table>

SBP = systolic blood pressure  
CVD = cardiovascular disease
“The cohort of patients with low blood pressure as identified by achieved blood pressure selects for patients who did not have sustained elevated blood pressure in the first place, for patients in whom the blood pressure is most easily reduced, for patients with the lowest baseline blood pressure, and for patients who are most compliant (healthy user effect, Dormuth 2009).”
continued …
“All of these factors are most likely associated with a lower risk of having an adverse cardiovascular event. The approach is thus heavily biased for finding less cardiovascular events in the patients with lower blood pressure.”

Arguedas JA, Perez MI, Wright JM
Blood-pressure Targets in Patients with Recent Lacunar Stroke:
The SPS3 Randomized Trial

SPS3 Study Group, Benavente OR, et al.

SPS3 Coordinating Center: University of British Columbia, Vancouver, Canada
SPS3 Statistical Center: University of Alabama at Birmingham, US

SPS3 is sponsored by National Institutes of Health - NINDS
NINDS: U01 NS38529
SPS3 Design

- Randomized multicenter international trial.
- Lacunar strokes within 180 days (mean 62), verified by MRI.
- Randomized to 2 interventions in a factorial design:
  1) Antiplatelet therapy (double blind):
     - aspirin 325 mg + placebo
     - aspirin 325 mg + clopidogrel 75 mg
  2) Target levels of blood pressure control (open label):
     - ”higher” 130-149 mmHg systolic (mean 138 mm Hg)
     - ”lower” <130 mmHg systolic (mean 127 mm Hg)
- Outcomes:
  - Primary: recurrent stroke.
  - Secondary: major vascular events, cognitive decline, death.
- 3020 participants, mean follow up 3.7 years.

www.clinicaltrials.gov NCT00059306
## Efficacy Outcomes

*Defined as: stroke, MI, vascular deaths.*

<table>
<thead>
<tr>
<th></th>
<th>Higher Target</th>
<th></th>
<th>Lower Target</th>
<th></th>
<th>HR (95% CI)</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>%/pt-yr</td>
<td>N</td>
<td>%/pt-yr</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All stroke</td>
<td>152</td>
<td>2.8</td>
<td>125</td>
<td>2.3</td>
<td>0.81 (0.64, 1.03)</td>
<td>0.08</td>
</tr>
<tr>
<td>-Ischemic stroke</td>
<td>131</td>
<td>2.4</td>
<td>112</td>
<td>2.0</td>
<td>0.84 (0.66, 1.09)</td>
<td>0.19</td>
</tr>
<tr>
<td>-Intracerebral hemorrhage</td>
<td>16</td>
<td>0.29</td>
<td>6</td>
<td>0.11</td>
<td>0.37 (0.15, 0.95)</td>
<td>0.03</td>
</tr>
<tr>
<td>Major vascular events*</td>
<td>188</td>
<td>3.4</td>
<td>160</td>
<td>3.0</td>
<td>0.84 (0.68, 1.04)</td>
<td>0.10</td>
</tr>
<tr>
<td>-Myocardial infarction</td>
<td>40</td>
<td>0.70</td>
<td>36</td>
<td>0.62</td>
<td>0.88 (0.56, 1.4)</td>
<td>0.59</td>
</tr>
<tr>
<td>Deaths</td>
<td>101</td>
<td>1.74</td>
<td>106</td>
<td>1.8</td>
<td>1.03 (0.79, 1.35)</td>
<td>0.82</td>
</tr>
<tr>
<td>-Vascular death</td>
<td>41</td>
<td>1.74</td>
<td>36</td>
<td>0.61</td>
<td>0.86 (0.55, 1.35)</td>
<td>0.52</td>
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</table>
Why is it important not to recommend intensifying medication to reduce BP below the level proven in clinical trials?

- Lower thresholds identify a much larger population as having HTN and presumably needing drug therapy (e.g. reducing definition of HTN from <140/90 to <120/80 doubles those with HTN)
- Millions classified as having HTN based on lower goals require more drugs
- Treating to lower BP goals may be harmful
- If neither beneficial or harmful, resources would be wasted and patient adherence would suffer
Corollary: In the general population 60 years of age and older, if pharmacologic treatment for high blood pressure results in a lower achieved SBP (for example, less than 140 mmHg) and treatment is well tolerated without adverse effects on health or quality of life, treatment does not need to be adjusted (Expert opinion)
Initial Combinations of Medications

- Diuretics
- ACE inhibitors or ARBs* (Combining ACEI with ARB discouraged)
- Calcium antagonists

β-blockers should be included in the regimen if there is a compelling indication for a β-blocker.
Adult aged ≥18 years with hypertension

Implement lifestyle interventions (continue throughout management).

Set blood pressure goal and initiate blood pressure lowering-medication based on age, diabetes, and chronic kidney disease (CKD).

General population (no diabetes or CKD)  
Diabetes or CKD present

Age ≥60 years  
Blood pressure goal  
SBP <150 mm Hg  
DBP <90 mm Hg

Age <60 years  
Blood pressure goal  
SBP <140 mm Hg  
DBP <90 mm Hg

All ages  
Diabetes present
No CKD  
Blood pressure goal  
SBP <140 mm Hg  
DBP <90 mm Hg

All ages  
CKD present with or without diabetes  
Blood pressure goal  
SBP <140 mm Hg  
DBP <90 mm Hg

Nonblack  
Initiate thiazide-type diuretic or ACEI or ARB or CCB, alone or in combination.a

Black  
Initiate thiazide-type diuretic or CCB, alone or in combination.

All races  
Initiate ACEI or ARB, alone or in combination with other drug class.a

Select a drug treatment titration strategy
A. Maximize first medication before adding second or
B. Add second medication before reaching maximum dose of first medication or
C. Start with 2 medication classes separately or as fixed-dose combination.
Adult aged ≥18 years with hypertension

Implement lifestyle interventions (continue throughout management).

Set blood pressure goal and initiate blood pressure lowering-medication based on age, diabetes, and chronic kidney disease (CKD).
Diabetes or CKD present

- All ages
  - Diabetes present
    - No CKD
      - Blood pressure goal
        - SBP <140 mm Hg
        - DBP <90 mm Hg
  - CKD present with or without diabetes
    - Blood pressure goal
      - SBP <140 mm Hg
      - DBP <90 mm Hg

- All races
  - Initiate ACEI or ARB, alone or in combination with other drug class.¹
General population (no diabetes or CKD)

Age ≥60 years
- Blood pressure goal: SBP <150 mm Hg, DBP <90 mm Hg

Age <60 years
- Blood pressure goal: SBP <140 mm Hg, DBP <90 mm Hg

Nonblack
- Initiate thiazide-type diuretic or ACEI or ARB or CCB, alone or in combination.

Black
- Initiate thiazide-type diuretic or CCB, alone or in combination.
Select a drug treatment titration strategy

A. Maximize first medication before adding second or
B. Add second medication before reaching maximum dose of first medication or
C. Start with 2 medication classes separately or as fixed-dose combination.
At goal blood pressure?

Yes

No

Reinforce medication and lifestyle adherence.

For strategies A and B, add and titrate thiazide-type diuretic or ACEI or ARB or CCB (use medication class not previously selected and avoid combined use of ACEI and ARB).

For strategy C, titrate doses of initial medications to maximum.

At goal blood pressure?

Yes

No

Reinforce medication and lifestyle adherence.

Add and titrate thiazide-type diuretic or ACEI or ARB or CCB (use medication class not previously selected and avoid combined use of ACEI and ARB).

At goal blood pressure?

Yes

No

Reinforce medication and lifestyle adherence.

Add additional medication class (eg, β-blocker, aldosterone antagonist, or others) and/or refer to physician with expertise in hypertension management.

At goal blood pressure?

Yes

No

Continue current treatment and monitoring.
Current NCQA proposal for Controlling High Blood Pressure

- Rate 1: Members 18-59 years with most recent BP <140/90
- Rate 2: Members 60 and older with most recent BP < 150/90
- Rate 3: Total (Rate 1 + Rate 2)

HEDIS 2015 performance metrics
NCQA Process

• HEDIS 2014 (2013 data) is done
• Public comments April through June with final NCQA decision in July 2014
• Passage is highly likely
• 2014 data (HEDIS 2015) would be collected with new specifications in place