



## **MANAGING YOUR PATIENT'S HYPERTENSION**

The Panel Members Appointed to the Eighth Joint National Committee (JNC 8) recommends a goal blood pressure of **below 140/90** in patients with hypertension, diabetes or chronic kidney disease.

<http://jama.jamanetwork.com/article.aspx?articleid=1791497>

**Your goal therefore, is to get the blood pressure to 139/89 or lower**

Tips that may help:

- If the initial blood pressure is elevated, consider rechecking it before the patient leaves your office and be sure to document the results in the medical record.
- If the blood pressure is elevated, talk to your patient about life style modifications.
- If the blood pressure is not at goal, adjust their medication and schedule a follow up appointment /blood pressure check to evaluate the effectiveness.
- Refer patients who are severely out of control to Member Services at 800-953-8854.
- Request educational material on hypertension, diet and exercise be sent to your patients by contacting Member Services at 800-953-8854.

**Be aggressive in the management of HYPERTENSION and follow the recommendations in JNC 8. Get your patients to goal...  $\leq$  139/89.**

Having trouble getting patients in for follow up? We can help.

Contact Member Services at 800-953-8854 for assistance in scheduling follow-up appointments for controlling blood pressure.

**Maryland Physicians Care - WE ARE HERE TO HELP YOU**