

ICSI has updated its guideline template and these changes are reflected in the current guideline.

The AGREE (Appraisal of Guidelines Research & Evaluation) Instrument was used as a framework to improve the quality of this guideline. Additionally, many references were moved to the sentence level.

Algorithm, Clinical Highlights, Annotations, Appendices

Algorithm:

- * Annotation 1: “heart failure” is changed from screening for a level of 130/80; to screening for a level of 120/80 mmHg.
- * Annotation 11 changed from a process box to an end point, now flowing down from Annotation 10 rather than out to the side.
Annotation 12 changed from “Hypertension continuing care” to “Hypertension at goal.”
Annotation 12 remains an end point flowing from Annotations 7 and 9, but is now separated from Annotation 11.

Annotations:

- * 2 - Updated information on ambulatory blood pressure measures, emphasized self-monitoring of blood pressure; added references Kikuya, 2007; Pickering, 2008.
- 3 – In relation to waist circumference, added references Lean, 1998; Baik, 2000; Yusuf, 2006.
- * 6 – Updated lifestyle modification and drug therapy sections; added new references Romero, 2007; Kannel, 2003, Horvath, 2008, Fung, 2008, Beulens, 2007, Leitzman, 2007, Wright, 2008; Elliot, 2007; Matchar, 2008.
- * 7 – Updated recommendations for goal blood pressure measurements; clarification on patients over age 80; added new references Packer, 2002; Rosendorff, 2007; Beckett, 2008; Fagard, 2007.
 - Deleted Conclusion Grading Worksheet A, Isolated Systolic Hypertension, because it reflects current standard of care.
- * - A new Conclusion Grading Worksheet A was added, suggesting goal blood pressure measures of 130/80 for patients with diabetes, chronic kidney disease, and coronary artery disease.
- * 8 – Updated recommendations for drugs; updated references: Wong, 2007; ADVANCE Collaborative Group, 2007; ONTARGET Investigators, 2008; Kunz, 2008; Dalhof, 2005.
- 9 - Added reference regarding depression: DiMatteo, 2000.
- * 10 - Updated information on resistant and pseudo-resistant hypertension; added new reference Calhoun, 2008.

Appendices

Appendix D: Clinical Evaluation of Confirmed Hypertension was updated.

Appendix G: Drug Table was updated.

Priority Aims & Suggested Measures, Measurement Specifications

Updates to the measures pertain to documentation of blood pressure measurements and of care plans. Deleted references to patients over 60 having a different goal blood pressure measure at that age.

Support for Implementation

A section for Key Implementation Recommendations was added to the guideline, referencing education for providers on proper blood pressure measurement technique and patient education on hypertension management.

**An asterisk indicates any changes in clinical practice recommendations*