Updated recommendations include:

**Eligible population**
Adult patients ≥ 18 years of age. Not pregnant.

**Diagnosis and Management:**
2 measures, throw out 1st, rest between, feet flat, hard back, appropriate size cuff

**Hypertension:**
Stage 1: 130/80-139/89 mm Hg
Stage 2: ≥ 140/90 mm Hg

**Patient education and non-pharmacologic interventions**
- Encourage out of office BP measures with communication of results, frequent checks for accuracy, and lifestyle and medication adjustments. Home readings are often 5 mm Hg lower than office.

**Goals of Therapy**
- If no other risk factors (and < 60 years of age): target BP < 140/90. If no other risk factors and ≥ 60 years: target < 150/90.
- Patients with risk factors, including diabetes, ASCVD, CKD: target BP < 130/80.

**Goal:**
- < 130/80 mm Hg if at risk (ASCVD, CKD, diabetes) and ambulatory.
- < 140/90 mm Hg if no risk factors.

**Pharmacologic interventions**
- ACE-I or ARB recommended in patients with diabetes, CKD, or heart failure.
- Intensify treatment until treatment goals are met; 3 or more drugs may be necessary for some patients to achieve goal BP. Multi-drug regimen at moderate dose is preferable to maximum dose monotherapy. Add spironolactone for resistant hypertension.