

VA/DoD issue guideline for diagnosis, management of HTN

September 2 2020



(HealthDay)—In a synopsis of the 2020 U.S. Department of Veterans

Affairs/U.S. Department of Defense clinical practice guideline, published online Sept. 1 in the *Annals of Internal Medicine*, recommendations are presented for the diagnosis and management of hypertension.

Mark P. Tschanz, D.O., from the Naval Medical Center in San Diego, and colleagues developed guidelines for the diagnosis and management of hypertension in the primary care setting.

The authors recommend periodic screening of adults for elevated blood [pressure](#). Suggested measurement techniques include fully automated office blood pressure measurements, or standard techniques and a properly calibrated and validated sphygmomanometer if fully automated measures are not available. Treatment to a systolic blood pressure goal of

Citation: VA/DoD issue guideline for diagnosis, management of HTN (2020, September 2) retrieved 25 April 2024 from

<https://medicalxpress.com/news/2020-09-vadod-issue-guideline-diagnosis-htn.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--