

VA/DoD issue guideline for diagnosis, management of HTN

2 September 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

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