

FLORIDA HEALTH CARE PLANS

MEMORANDUM

To: All FHCP Staff & Contracted Primary Care Physicians , Cardiologists, Nephrologists,
Endocrinologists and Practice Managers

From: Joseph J. Zuckerman M.D., CMO

Date: April 13, 2011

Subject: FHCP formulary medication to manage Hypertension

Attached is the list of FHCP formulary medications used to treat hypertension.

Note the changes to this list which include:

Micardis – moved to a Tier 3 ARB

Losartan – added as a Tier 2 ARB

Tekurna (brand) – is added as a Tier 4

Thank you.

cc: Irene Talarico, RN, FNP
Carol Cooper, LPN
Dave Fox, Pham D

JNC 7 Medication Guidelines for the Management of Hypertension

Compelling Indications		Treatment Recommendations
Ischemic Heart Disease (treated with intensive lipid management and aspirin)	Stable Angina Pectoris	1st Line: Beta-blockers 2nd Line: BB + Long acting CCB
	ACS (unstable angina or MI)	1st Line: BB + ACEI initially 2nd Line: add other agents as needed
	Post-MI	ACEI, BB, aldosterone antagonist
Heart Failure (In patients unable to tolerate ACEIs, an ARB may be used)	Stage A (NYHA class I)	ACEI and thiazide diuretic
	Stage B (NYHA class I)	ACEI and BB
	Stage C (NYHA class II-III)	1st Line: Stage B agents; 2nd Line: loop diuretic, aldosterone antagonist
	Stage D (NYHA IV)	Stage C agents + Inotropic drugs
Diabetic Hypertension		ACEI, ARB, Thiazide diuretics, BB, and CCB
Chronic Kidney Disease (aggressive with ≥ 3 drug)		ACEI or ARB with loop diuretic
Cerebrovascular Disease		ACEI + thiazide diuretic
Left Ventricular Hypertrophy (LVH) (Direct vasodilators should be avoided)		Any class (ACEI & diuretic showed most reduction in ventricular mass)
Peripheral Artery Disease (PAD)		Any class + aspirin
Minorities: African Americans (Generally monotherapy with BB, ACEI, or ARB is less effective.)		Thiazide, CCB, ACEI/ARB + diuretic, Beta blocker; emphasis on salt restriction (DASH diet)
Obesity and the Metabolic Syndrome		Intensive TLC with emphasis on weight loss.
Pregnancy (ACEI and ARB are contraindicated)		1st Line: Methyldopa, Labetolol 2nd Line: BB, vasodilator
Children and Adolescent (1st Line: TLC)		If needed: one agent - pediatric dose
Isolated Systolic Hypertension		thiazide diuretic or long acting DHP CCB (age > 60); BB, ACEI, ARB
Essential Hypertension (> 70% of patients need combination of ≥ 2 agents)		1st Line: (low-dose) thiazide diuretic 2nd Line: Add ACEI, long acting DHP CCB, BB (age < 55 yrs)
Resistant Hypertension (address causes), Check		Diuretic + near max dose of

FHCP FORMULARY			Usual Dose (mg/day)	MAX** mg/day
Bold indicates cost/convenience preferred drug				
BETA BLOCKERS (BB)		FREQUENCY		
	Acebutolol (ISA) (Generic)	BID	400 – 800	0.8-1.2g
	Atenolol (Generic), ($\beta 1$ selective)	QD	25 – 100	50-100
	Carvedilol (Generic) Preferred if DM, CHF, IGT, metabolic syn.	BID	12.5 – 50	50-100
	Labetalol HCl (Generic)	BID	400 – 800	2400
	Metoprolol IR (Gener) Pref. if HTN only, copd/asthma ($\beta 1$ sel)	QD -TID	100 – 150	450
CALCIUM CHANNEL BLOCKERS (CCB)				
DHP	Nifedipine ER (Generic)	QD	30 – 60	90
	Amlodipine – (Generic)	QD	5 – 10	10
Non -DHP	Diltiazem ER (Generic)	QD	180 – 360	480
	Verapamil ER (Generic)	QD	180 – 360	480
DIURETICS				
Thiazide Diuretics	HCTZ + Triamterene	QD	25/37.5 - 50/75	50/75
	Indapamide	QD	1.25-5	5
	Chlorthalidone (Generic)	QD	25	50
	HCTZ (Generic 25, 50mg)	QD - BID	12.5 – 50	50
Loop Diuretics	Bumetanide (Generic)	QD - BID	0.5 – 2	10
	Furosemide (Generic)	BID	20 – 40	600

For primary hyperaldosteronism	2 agents	Renin-Angiotensin-Aldosterone System Inhibitors					
Elderly - lower initial doses of agents as used in general algorithm (weight loss and salt restriction)	Combination therapy with ≥ 2 agents titrated to response	ACEI	Benazepril (generic)	QD - BID	20 – 40	80	
			Captopril (Generic)	BID - TID	25 – 150	450	
			Enalapril (Generic)	QD - BID	10 – 40	40	
			Fosinopril (Generic)	QD - BID	20 – 40	80	
			Lisinopril (Generic)	QD	20 – 40	80	
		ARB	Diovan (Brand Tier 3)	QD -BID	80 – 320	320	
			Micardis (Brand Tier 3)	QD	20 – 80	80	
			Losartan (Generic tier 2)	QD-BID	25-100	100-200	
		Other	Spirolactone (generic)	QD – QID	12.5 – 200	400	
			Tekturma (brand Tier 4)	QD	150 -300	300	
		DIRECT VASODILATORS					
			Hydralazine (Generic)	BID - QID	25 – 100	300	
			Minoxidil (Generic)	QD - BID	10 – 40	100	
		ALPHA AGONISTS					
			Clonidine (Generic)	QD - TID	0.2 – 0.6	2.4	
			Guanfacine (Generic)	QD	1– 3	4	
			Methyldopa (Generic)	BID - QID	500– 2000	3g	

References: 1) The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. US Department of Health and Human Services. August 2004. 2) Essential Hypertension. University of Michigan Health System-Academic Institution. 1997 (revised Apr 2003). NGC: 004462. 3) **Clinical Pharmacology Online. Gold Standard Media. 2006.

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