

**Ambulatory Care Pharmacy Specialty Recertification Literature Study  
Module 1A: Hypertension With an Emphasis on Combination Therapy**

**Learning Objectives and Articles**

**Module 1A: Hypertension With an Emphasis on Combination Therapy**

**ACPE Number: 0204-9999-20-969-H01-P**

**Credit Hours: 4**

This module focuses on management of patients with hypertension, with a focus on combination therapy.

Flint AC, Conell C, Ren X et al. Effect of Systolic and Diastolic Blood Pressure on Cardiovascular Outcomes. *N Engl J Med.* 2019; 381:243-251. doi: 10.1056/NEJMoa1803180.

**Learning Objectives:**

- Explain the rationale, methodology, findings, limitations, and implications of the study of the effect of systolic and diastolic blood pressure on adverse cardiovascular outcomes.
- Develop recommendations for the systolic and diastolic blood pressure thresholds for treatment of hypertension in adults in an ambulatory care setting.

Munoz D, Uzoije P, Reynolds C et al. Polypill for Cardiovascular Disease Prevention in an Underserved Population. *N Engl J Med.* 2019; 381:1114-11123. DOI: 10.1056/NEJMoa1815359.

**Learning Objectives:**

- Explain the rationale, methodology, findings, limitations, and implications of the study by Munoz and colleagues of a polypill-based strategy for cardiovascular disease prevention.
- Develop recommendations for drug therapy for cardiovascular disease prevention in underserved patient populations.

Ojji DB, Mayosi B, Francis V et al. Comparison of Dual Therapies for Lowering Blood Pressure in Black Africans. *N Engl J Med.* 2019; 380:2429-2439. DOI: 10.1056/NEJMoa1901113.

**Learning Objectives:**

- Explain the rationale, methodology, findings, limitations, and implications of the Comparison of Three Combination Therapies in Lowering Blood Pressure in Black Africans (CREOLE) study.
- Develop recommendations for antihypertensive drug therapy in black African patients.

Webster R, Salam A, de Silva HA et al. Fixed Low-Dose Triple Combination Antihypertensive Medication vs Usual Care for Blood Pressure Control in Patients With Mild to Moderate Hypertension in Sri Lanka: A Randomized Clinical Trial. *JAMA*. 2018; 320(6):566–579. doi:10.1001/jama.2018.10359.

Learning Objectives:

- Explain the rationale, methodology, findings, limitations, and implications of the Triple Pill vs Usual Care Management for Patients with Mild-to-Moderate Hypertension (TRIUMPH) study.
- Develop recommendations for antihypertensive drug therapy or research in patients with mild-to-moderate hypertension.