

Blood Pressure Screening and Follow up Protocol

Initial Visit:

- Check BP using American Heart Association guidelines
- Cuff fits, use left upper arm, do not smoke, drink caffeinated beverages, do exercise, or eat a big meal 30 min prior to screening
Rest for 5 minutes, sit with feet uncrossed flat on floor
- Do not talk or listen to music
- Cuff is placed directly above the eye of the elbow
- Keep a record of all results

Follow up Visits:

- Reinforce education/modifications
- Communicate with Clinical Provider team
- Assess and set self-management goals

Blood Pressure Classification	Systolic Reading mmHg	Diastolic Reading mmHg	Recommended Steps
Normal	Less than 120	Less than 80	No follow-up Required
Pre-Hypertensive	More than 120, less than 139	More than 80, less than 89	<ul style="list-style-type: none"> • Rescreen within 12 months • Introduce lifestyle modifications: <ul style="list-style-type: none"> ◦ Weight reduction, Dietary DASH plan, Dietary Sodium Reduction, Increased physical activity, Moderation in Alcohol Consumption, Limit/Cease Tobacco Usage • Referral to Clinical Provider • Offer Nutritionist appointment • Education on reducing risks; prevention
First Hypertensive Reading	More than 140	More than 90	<ul style="list-style-type: none"> • Rescreen within 4 weeks • Introduce/Reinforce lifestyle modifications • Referral to Clinical Provider • Offer Nutritionist appointment • Education on reducing risks; prevention
Second Hypertensive Reading	More than 140	More than 90	<ul style="list-style-type: none"> • Education on reducing risks; prevention • Recommend lifestyle modifications • Facilitate Clinical Provider appointment <ul style="list-style-type: none"> ◦ Anti-Hypertensive Pharmacologic Therapy ◦ Laboratory Tests ◦ ECG