Check BP

≤120 / ≤80
- Give Card
- Counsel pt about diet/lifestyle and BP management

≥ 120 / ≥80
- Ask pt to sit down and rest for 3-5 minutes and recheck
- Ask pt about BP history
- Have pt seated and relaxed, not talking for 5 minutes then recheck BP and reassess symptoms

120 – 139
80 – 89
- Counsel pt about prehypertension risk factors
- Recommend seeing PCP or doctor at JC Lewis within 2 weeks (1 month?)

140 – 159
90 – 99
- Ask pt to sit down and rest for 3-5 minutes and recheck
- Counsel pt about hypertension risk factors
- Recommend seeing PCP or doctor at JC Lewis within 2 weeks (1 month?)

> 160
> 100
- Ask pt about BP history
- Ask pt to sit down and relax for 3-5 min then recheck.
- Urge patient to see PCP ASAP
- Explain dangers of HTN in this high range

No
- 120 − 139
80 − 89
- Counsel pt about prehypertension risk factors
- Recommend seeing PCP or doctor at JC Lewis within 2 weeks (1 month?)

> 160
> 100
- Ask pt about BP history
- Ask pt to sit down and relax for 3-5 min then recheck.
- Urge patient to see PCP ASAP
- Explain dangers of HTN in this high range

Symptoms?
- HA
- Naus/Vom
- Blurry vision
- Dyspnea
- Palpitations

Yes
- Have pt seated and relaxed, not talking for 5 minutes then recheck BP and reassess symptoms

Resolution of sx and BP <180/<120
- Counsel pt about diet/lifestyle and BP management
- Recommend seeing PCP or doctor at JC Lewis within 2 weeks (1 month?)

Continued sx and HTN
- Recommend pt go to ER. Call ambulance if pt has si/sx of AMS

140 – 180
90 – 120
- Counsel pt about diet/lifestyle and BP management
- Recommend seeing PCP or doctor at JC Lewis within 2 weeks (1 month?)

> 180
> 120
- Counsel pt about diet/lifestyle and BP management
- Recommend seeing PCP or doctor at JC Lewis within 2 weeks (1 month?)

140 – 180
90 – 120
- Counsel pt about diet/lifestyle and BP management
- Recommend seeing PCP or doctor at JC Lewis within 2 weeks (1 month?)

> 180
> 120
- Counsel pt about diet/lifestyle and BP management
- Recommend seeing PCP or doctor at JC Lewis within 2 weeks (1 month?)