



Practical-Clinical Process: Blood Pressure Measurement

This document was provided to FtP by
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Thank you, Jeff!

- **Engage patient**
 - I.e. While they are waiting for med
- **Questions to ask?**
 - Have you had caffeine or tobacco products in the last 30 mins?
 - Have you taken your BP medication?
 - Were you rushing to get here or physically active right before this?
- **Have them sit and place BP cuff on them**
 - Make sure to use the appropriate cuff size for the patient
 - Tube should be toward the inside of the elbow and facing down
 - Patient's feet should be firmly on the ground (not crossed)
 - Arm with BP cuff should rest on the table at heart level
- **Start BP machine**
 - Patient should not talk once machine starts
 - Patient should limit movement
- **Reading and Documentation**
 - Document patient's name, systolic BP, diastolic BP, pulse, and arm used
 - Any readings that are Stage 1 or above should be reported to pharmacist

Process for BP Readings

Normal (<120/<80 mmHg)

- **Provide patient with positive reinforcement**
 - Congratulate patient on a great blood pressure
 - Promote optimal lifestyle habits
 - Healthy diet, Weight loss if needed, Exercise, Tobacco cessation, Moderation of alcohol consumption.
- **Reassess in 6 months**

The Practical-Clinical Process is not intended or designed as a substitute for the reasonable exercise of independent clinical judgment by pharmacist considering each patient's need on an individual basis.

Elevated (120-129/<80 mmHg)

- **Recommend Nonpharmacologic therapy**
 - Weight loss
 - Heart-healthy diet (such as DASH)
 - Sodium restriction
 - Potassium supplementation (dietary modification)
 - Increased physical activity
 - Limit alcohol to 1 (women) or 2 (men) standard drinks per day
- **Reassess in 3 months**

Stage 1 Hypertension (130-139/80-89 mmHg)

- **Recommend Nonpharmacologic therapy and BP-lowering agent**
 - See above
- **Assess patient's BP medication adherence**
 - I.e. How often do you miss doses during a month?
- **Reassess in 1 week**
 - If goal isn't met, consider intensification of therapy.

Stage 2 Hypertension (>140/90 mmHg)

- **Recommend Nonpharmacologic therapy and BP-lowering agent**
 - See above
- **Reassess in 1 week**
 - If goal isn't met, assess adherence and consider intensification.

Hypertensive Crisis (>180/>120 mmHg)

- Contact the patient's doctor IMMEDIATELY!
- Refer to nearest Emergency Room
- If patient is experiencing chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking, Call 911.

Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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