Community Based Blood Pressure (BP) Screening Algorithm

Prior to Screening

1. Individual in a seated position, legs uncrossed and arm at heart level
2. Cuff should not be placed over any clothing
3. Observe level of noise in the room
4. Ask about previous BP diagnosis and/or medications
5. Ask about factors affecting BP (coffee, exercise, anxiety, smoking in the last 30 minutes)

Wait 5 minutes

1st Blood Pressure Reading

- Normal SBP < 120 DBP < 80
  - Complete screening (advise recheck again in 1 year)

- Elevated BP SBP 120-129 or DBP < 80
  - Provide education and lifestyle modification recommendations (advise recheck in 3-6 months)

- Hypertension Stage 1 SBP 130-139 or DBP 80-89
  - Provide education and refer to primary provider for further assessment (10-year heart disease and stroke risk assessment is recommended to provider)

- Hypertension Stage 2 SBP ≥ 140 or DBP ≥ 90
  - One month follow up call by screener. Ask the following questions:
    - Was your health care provider seen?
    - Was the provider treatment plan followed?
    - Is your blood pressure reduced or controlled?

- Hypertensive Crisis SBP > 180 or DBP > 120
  - Immediate referral to provider (possibly, arrange transportation if in hypertensive crisis)

Wait 5 minutes

2nd Blood Pressure Reading