

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 again in 3-6 months)

Hypertension Stage 1
SBP 130-139
or DBP 80-89

Hypertension Stage 2
SBP ≥ 140
or DBP ≥ 90

Hypertensive Crisis
SBP > 180
or DBP > 120

Wait 5 minutes

2nd Blood Pressure Reading

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

Hypertensive Crisis
SBP > 180
or DBP > 120

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?

Immediate referral to provider (possibly, arrange transportation if in hypertensive crisis)