

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

Elevated BP
SBP 120-129
or DBP < 80

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

Complete screening
(advise recheck again in 1 year)

Provide education and lifestyle modification recommendations
(advise recheck in 3-6 months)

Wait 5 minutes

2nd Blood Pressure Reading

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

Provide education and refer to primary provider for further assessment
(10-year heart disease and stroke risk assessment is recommended to provider)

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)