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## Preparing the Screener

- Ensure that all screeners have been trained in BP measurement prior to screening participants, regardless of whether they have experience measuring BP or whether they work as a health care professional.
  - Screeners should be trained at a minimum every 6-12 months. If the screener performs the task infrequently (such as less than monthly), then a refresher training should be considered.
- At a minimum, educate the person on how to operate the specific BP measurement device, including:
  - A review of all the functions of the device and cuff options
  - Access to the product manual to support trouble shooting (alerts, battery replacement, etc.)
- Provide instructions on how to measure blood pressure including the participant preparation and positioning
  - Consider having the screener watch a [4-minute training video](#) on self-measured blood pressure technique (available in English and Spanish). Review positioning graphics (see attached: Exhibit A & B)
- Request a return demonstration of proper technique from the screener
  - Note that improper BP measurement and technique can significantly under- or overestimate actual BP, both of which can be dangerous.
- Define the process for participant screening.
  - How will the participants flow through the activity/event?
  - How should screeners communicate information with participants, such providing instructions for scheduling follow-up or referrals with a primary care physician (PCP)? Recommend providing written recommendations to participants for follow-up.
- Advise screeners to keep participant information confidential, ideally aligned with HIPAA guidance.





## BP Reading

- 1) If reading is equivalent to hypertensive emergency/urgency: SBP >180 mm Hg and/or DBP >120 mm Hg
  - Ask: Any chest pain, shortness of breath, back pain, numbness/tingling, dizziness, change in vision, headache, arm weakness, facial droop, slurred speech or difficulty speaking?
    - Yes - Hypertensive Emergency with signs or symptoms
      - Call 911.
      - With participant's consent, if able, call participant's PCP to provide a medical update.
      - One-week follow-up call by CBO
        - Did you follow up with your PCP or do you have a follow-up appointment scheduled?
        - Would you like assistance connecting or reconnecting with a PCP?
        - Encourage the participant to follow up with their PCP.
    - No - Hypertensive Urgency without signs or symptoms
      - Consider urgent care attention.
      - Have participant connect or reconnect with their PCP as soon as possible.
      - One-week follow-up call by CBO
        - Did you follow up with your PCP or do you have a follow-up appointment scheduled?
        - Would you like assistance connecting or reconnecting with a PCP?
        - Encourage the participant to follow up with their PCP.
- 2) If reading is equivalent to stage 2 hypertension: SBP  $\geq$ 140 mm Hg or DBP  $\geq$ 90 mm Hg
  - Provide information on the role of lifestyle modification in lowering BP.
    - Counsel participant on healthy eating, active living (HEAL).
    - Increase physical activity.
    - Limit alcohol.
    - Maintain a healthy weight.
    - Manage stress.
    - Quit smoking.
    - Take medications as directed.
  - Have participant connect or reconnect with their PCP within 2-4 weeks. This is especially important with BPs equivalent to stage 2 hypertension.



- One-week follow-up call by CBO
    - Did you follow up with your PCP or do you have a follow-up appointment scheduled?
    - Would you like assistance connecting or reconnecting with a PCP?
    - Encourage the participant to follow up with their PCP.
- 3) If reading is equivalent to stage 1 hypertension: SBP 130-139 mm Hg or DBP 80-89 mm Hg
- Provide information on the role of lifestyle modification in lowering BP.
    - Counsel on healthy eating, active living (HEAL).
    - Increase physical activity.
    - Limit alcohol.
    - Maintain a healthy weight.
    - Manage stress.
    - Quit smoking.
    - Take medications as directed.
  - Have participant connect or reconnect with their PCP within 2-4 weeks.
  - One-week follow-up call by CBO
    - Did you follow up with your PCP or do you have a follow-up appointment scheduled?
    - Would you like assistance connecting or reconnecting with a PCP?
    - Encourage the participant to follow up with their PCP.
- 4) If reading is equivalent to elevated BP: SBP 120-129 mm Hg and DBP <80 mm Hg
- Provide information on the role of lifestyle modification in lowering BP.
    - Counsel on healthy eating, active living (HEAL).
    - Increase physical activity.
    - Limit alcohol.
    - Maintain a healthy weight.
    - Manage stress.
    - Quit smoking.
    - Take medications as directed.
  - Have participant connect or reconnect with their PCP for update on health maintenance if they have not been evaluated within the last year or if health or symptoms have changed.
  - If not already receiving routine care from a PCP, recommend the participant have an in-office BP screening with their PCP. If the participant doesn't have a PCP, encourage, or facilitate access to routine care.
    - Per the United States Preventive Services Task Force:
      - Recommend annual in-office BP screening by PCP for adults  $\geq 40$  years old and in adults at increased risk for hypertension (such as people who are Black, people who have high-normal BP or people who have overweight or obesity).







# How to measure your blood pressure at home

TARGET:BP™



## Follow these steps for an accurate blood pressure measurement

### 1. PREPARE

Avoid caffeine, smoking and exercise for 30 minutes before measuring your blood pressure.

Wait at least 30 minutes after a meal.

If you're on blood pressure medication, measure your BP *before* you take your medication.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

### 2. POSITION



### 3. MEASURE

Rest for five minutes while in position before starting.

Take two or three measurements, one minute apart, twice daily for seven days.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions during measurements—avoid conversations, TV, phones and other devices.

Record your measurements when finished.

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