



# POLICY AND PROCEDURE MANUAL

## CENTRAL VALLEY HEALTH DISTRICT

### SECTION: NURSING

#### **POLICY #:** 403 BLOOD PRESSURE SCREENING

**POLICY:** Central Valley Health District will provide blood pressure screenings.

#### **PROCEDURE:**

1. Complete client record and appropriate documentation per policy.
2. Determine appropriate Blood pressure cuff size.
3. Client will be requested to sit with feet flat on floor and forearm supported at heart level on a flat surface.
4. See attached blood pressure reading guidelines for age appropriate readings.
5. If initial reading is elevated, have the client rest for 5 minutes and recheck blood pressure.
6. If second blood pressure reading remains elevated, client will be requested to return for blood pressure recheck within one week or may be referred to client's primary medical provider for evaluation.
7. After 2 consecutive elevated blood pressures within one week or at subsequent visits, client will be referred to the client's primary medical provider for evaluation. Clients who are known diabetics refer to their medical provider following one elevated blood pressure reading.
8. General education on blood pressure control:
  - a. Weight loss and exercise
  - b. Reduce sodium intake
  - c. Decrease Alcohol and avoid stimulants
  - d. Smoking cessation
  - e. Reduce Stress



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### Blood pressure recommendations:

#### Blood Pressure Levels

Blood pressure is measured in millimeters of mercury (mm Hg). The classifications in the table below are for people who aren't taking antihypertensive (blood pressure-lowering) drugs and aren't acutely ill. When a person's systolic and diastolic pressures fall into different categories, the higher category is used to classify the blood pressure status. Diagnosing high blood pressure is based on the average of two or more readings taken at each of two or more visits after an initial screening.

#### Classification of blood pressure for adults age 18 years and older

Category	Systolic (mm Hg)	Diastolic (mm Hg)
Normal*	less than 120	and less than 80
Prehypertension	120–139	or 80–89
<b>Hypertension</b>		
Stage 1	140–159	or 90–99
Stage 2	160 or higher	or 100 or higher

\* Unusually low readings should be evaluated for clinical significance.

(From the Seventh Report of the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure)