

**Arkansas Department of Health Chronic Disease Prevention and Control Branch**

**Blood Pressure Screening and Referral Guidelines**

**Table 1 Classification of Blood Pressure (in mm Hg) Screening and Referral JNC 7/8 Based Guidelines\***

Classification	Age	Systolic	Diastolic	Goal	Behavioral Advice See Table 2	Management Advice & Physician Referral *	Public Health Nursing Action**
Normal	All	< 120	< 80	< 120 / < 80	Lifestyle Modification	<ul style="list-style-type: none"> <li>•Not necessary</li> <li>•Recheck BP in 2 years unless on treatment.</li> <li>•If on treatment and BP under control: advise follow up with treating physician</li> </ul>	<ul style="list-style-type: none"> <li>•Advise to check at next routine visit with health care provider.</li> </ul>
Pre-HTN	18-59	120 < 140	or 80 < 90	< 120 / < 80	Lifestyle Modification	<ul style="list-style-type: none"> <li>•Not necessary</li> <li>•Recheck BP in 2 years unless on treatment</li> <li>•If on treatment and BP under control: advise follow up with treating physician</li> </ul>	<ul style="list-style-type: none"> <li>•Advise of need for usual health care provider to recheck within three months.</li> </ul>
Diastolic HTN	18-59		≥90	< 90	Lifestyle Modification after stabilization and physician advice	<ul style="list-style-type: none"> <li>•High diastolic BP</li> <li>•Physician referral for evaluation</li> <li>•Confirm within 2 months</li> <li>•If on treatment, advise BP reduction to 140/90 mm Hg or less</li> <li>•Suggest discussing BP goals with physician</li> </ul>	<ul style="list-style-type: none"> <li>•Advise of need for usual health care provider to recheck within three months.</li> </ul>
Stage 1	18-59	140 < 160	or 90 < 100	< 140 / < 90	Lifestyle Modification after stabilization and physician advice	<ul style="list-style-type: none"> <li>•High BP</li> <li>•Physician referral for evaluation</li> <li>•Confirm within 2 months</li> <li>•If on treatment, advise BP reduction to 140/90 mm Hg or less</li> <li>•Suggest discussing BP goals with physician</li> </ul>	<ul style="list-style-type: none"> <li>•Refer to usual health care provider for follow-up within a month or earlier.</li> </ul>
Stage 2	18-59	≥ 160	or ≥ 100	< 140 / < 90	Lifestyle Modification after stabilization and physician advice	<ul style="list-style-type: none"> <li>• Recommend urgent physician evaluation within 1 week</li> <li>• Complete documentation</li> <li>• Give immediate referral sheet</li> <li>• Acute Life Threatening Event: If Systolic BP greater than 200 mm Hg and/or Diastolic BP greater than 120 mm Hg emergency referral within 24 hours and/or emergency procedures</li> </ul>	<ul style="list-style-type: none"> <li>• Refer to usual health care provider within a week or earlier.</li> </ul>
Critical	ALL	≥180	Or ≥ 110				<ul style="list-style-type: none"> <li>• Refer to usual health care provider ASAP or emergency room if any symptoms for immediate check and treatment.</li> </ul>
Hypertension	≥ 60	≥ 150	or ≥ 90	<140 / < 90	Lifestyle Modification after stabilization and physician advice	<ul style="list-style-type: none"> <li>•See Stage 1 or 2 above</li> </ul>	<ul style="list-style-type: none"> <li>•See Stage 1 or 2 above</li> </ul>
HTN If CKD or DM	All	≥ 140	or ≥ 90	< 140 / < 90	Lifestyle Modification after stabilization and physician advice	<ul style="list-style-type: none"> <li>•See Stage 1 or 2 above</li> </ul>	<ul style="list-style-type: none"> <li>• See Stage 1 or 2 above</li> </ul>

\*Based on the average of two or more properly measured, seated BP readings on each of two or more office visits.

\*\* BP average at single visit

**Table 2 Lifestyle Modifications to Prevent and Manage Hypertension**

<b>Modification</b>	<b>Recommendation</b>	<b>Advice and Referral</b>
<b>Weight reduction</b>	Maintain normal body weight (body mass index 18.5-24.9 kg/m <sup>2</sup> )	<ul style="list-style-type: none"> <li>• Take and record patient's weight and height</li> <li>• Refer to physical activity counselor or available exercise facilities/resources</li> <li>• Refer to nutritionist or dietician</li> </ul> <p style="text-align: center;">Refer to CDSME/DSME program</p>
<b>Adopt DASH eating plan</b>	Consume a diet rich in fruits, vegetables, and low fat dairy products with a reduced content of saturated and total fat	<ul style="list-style-type: none"> <li>• Refer to nutritionist or dietician</li> <li>• Make diabetic and cardiovascular health diet charts, brochures &amp; recipes available</li> </ul> <p style="text-align: center;">Refer to CDSME/DSME program</p>
<b>Dietary sodium reduction</b>	Reduce dietary sodium intake to no more than 100 mmol per day (2.4 g sodium or 6 g sodium chloride)	<ul style="list-style-type: none"> <li>• Refer to nutritionist or dietician</li> <li>• Make diabetic and cardiovascular health diet charts, brochures and recipes available</li> </ul> <p style="text-align: center;">Refer to CDSME/DSME program</p>
<b>Physical activity</b>	Engage in regular aerobic physical activity such as brisk walking (at least 30 minutes per day, 5 days per week)	Refer to physical activity counselor or available exercise facilities/resources
<b>Moderation of alcohol consumption</b>	Limit consumption to no more than 2 drinks (e.g., 24 oz. beer, 10 oz. wine, or 3 oz. 80-proof whiskey) per day in most men, and to no more than 1 drink per day in women and lighter weight persons	Suggest referral to Alcoholics Anonymous or other counseling services