

Blood Pressure (BP) Classification Chart

BP Category	Systolic BP (top number)	Diastolic BP (bottom number)	Behavioral and Management Advice Referral
<p style="text-align: center;">Normal</p>	Less than 120 AND Less than 80		<ul style="list-style-type: none"> • Tell the client what his/her blood pressure reading is, (if 118/78, “say 118 over 78”)
			<ul style="list-style-type: none"> • Explain the blood pressure categories (left column) and where his/her reading fits into the chart (middle column)
			<ul style="list-style-type: none"> • Say, “Your blood pressure is in the normal range.” “Are you on treatment for your blood pressure?”
			<ul style="list-style-type: none"> • Tell the client to recheck their BP every 2 years unless they are on treatment. • If <u>on treatment</u>, say, “Your BP is controlled today and I encourage you to continue taking your medication as prescribed in order to keep your BP under control. I also encourage you to continue to see your provider on a regular basis or as scheduled.”
<ul style="list-style-type: none"> • Review the <u>Lifestyle Modification Chart</u> and inform patient of monitorbp.ne.gov website. 			
<p style="text-align: center;">Prehypertension</p>	120-139 OR 80-89		<ul style="list-style-type: none"> • Tell the client what his/her blood pressure reading is, (if 138/88, “say 138 over 88”)
			<ul style="list-style-type: none"> • Explain the blood pressure categories (left column) and where his/her reading fits into the chart (middle column)
			<ul style="list-style-type: none"> • Say, “Your blood pressure is slightly high, but one reading does not necessarily mean pre-hypertension.” “Are you on treatment for your blood pressure?” • Tell the client to recheck their BP every year unless on treatment. • If <u>on treatment</u>, say, “Your BP is controlled today and I encourage you to continue taking your medication as prescribed in order to keep your BP under control. I also encourage you to continue to see your provider on a regular basis or as scheduled.”
			<ul style="list-style-type: none"> • Review the <u>Lifestyle Modification Chart</u> and inform patient of monitorbp.ne.gov website.

<p>Hypertension Stage 1</p>	<p>140-159 OR 90-99</p>	<ul style="list-style-type: none"> • Tell the client what his/her blood pressure reading is, (if 148/90, “say 148 over 90”) • Explain the blood pressure categories (left column) and where his/her reading fits into the chart (middle column) • Say, “Your blood pressure is high and in the high BP range, but one high reading does not necessarily mean hypertension.” Tell the client, “A repeat measurement should be completed by a healthcare provider within one month because the only way to know an accurate blood pressure pattern is through repeat measurements.” • Ask, “Are you on treatment for your blood pressure?” • If <u>not on treatment</u>, refer to a provider for evaluation and <u>confirm with the client that appointment was had within 2 months</u> • If <u>on treatment</u>, say, “Your BP is not controlled today and should be lowered to 140/90 or less.” “I encourage you to continue taking your medication as prescribed and see your provider within 1 month to discuss your BP goals.” <u>Confirm with the client that appointment was had within 2 months</u> • Review the <u>Lifestyle Modification Chart</u> and inform patient of monitorbp.ne.gov website.
<p>Hypertension Stage 2</p>	<p>160 and higher OR 100 and higher</p>	<ul style="list-style-type: none"> • Tell the client what his/her blood pressure reading is, (if 178/108, “say 178 over 108”) • Explain the blood pressure categories (left column) and where his/her reading fits into the chart (middle column) • Say, “Your blood pressure is elevated and in the high BP range and I am going to recommend you see a healthcare provider as soon as you can.” • Ask, “Are you on treatment for your blood pressure?” • If not on treatment, refer to a provider for URGENT evaluation and <u>confirm with the client that appointment was had within 1 month</u> • If on treatment, say, “Your BP is not controlled today and should be lowered to 140/90 or less.” “I encourage you to continue taking you medication as prescribed and see your provider as soon as possible to discuss your BP goals.” <u>Confirm with the client that appointment was had within 1 month</u> • Review the <u>Lifestyle Modification Chart</u> and inform patient of monitorbp.ne.gov website.
<p style="text-align: center;">WARNING:</p> <p>ACUTE LIFE THREATENING EVENT: If Systolic BP is greater than 200mmHG and/or Diastolic BP is greater than 120mmHG, EMERGENCY REFERRAL is required. Follow your organization’s emergency procedures immediately.</p>		