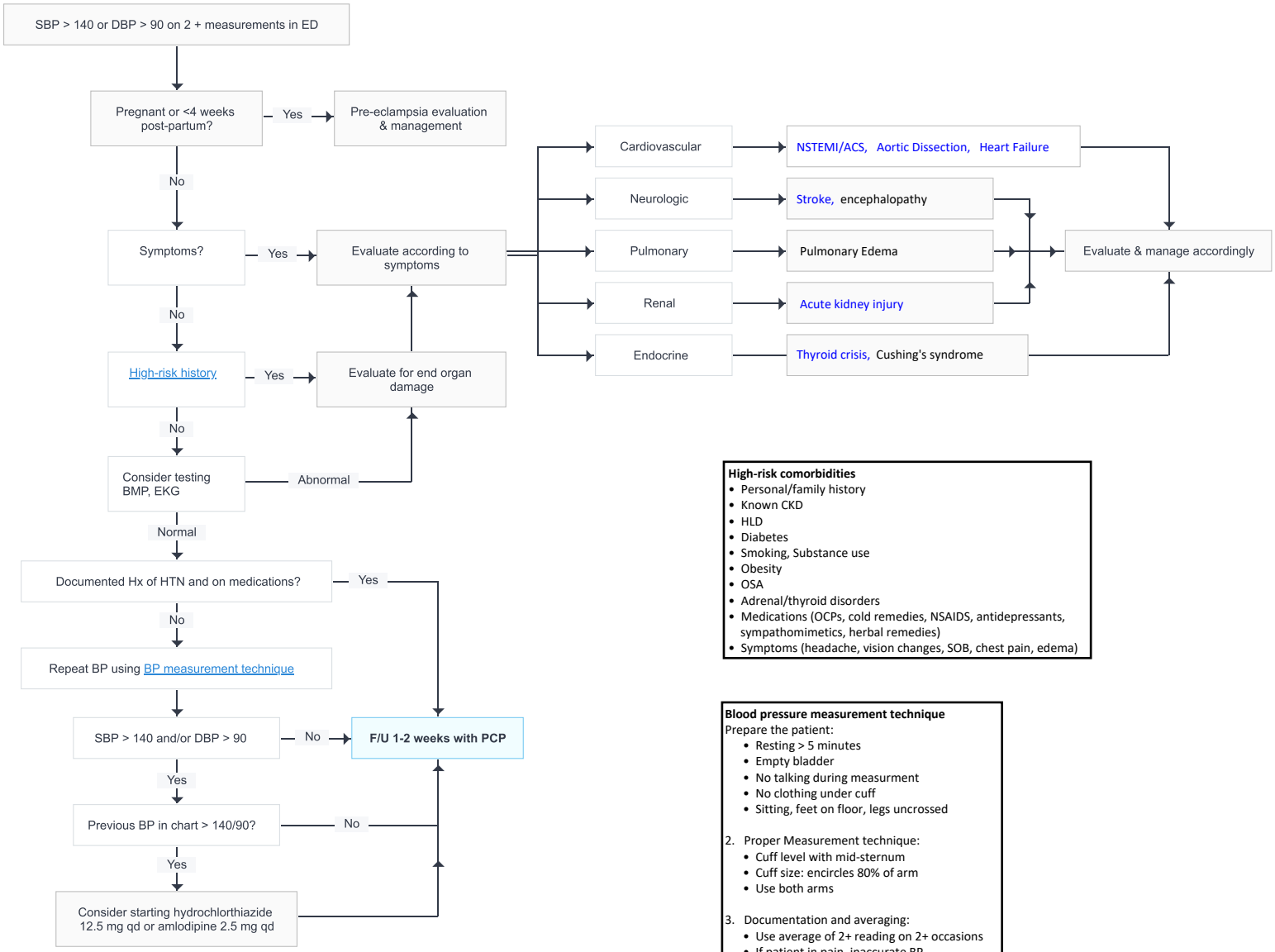
Hypertension - Asymptomatic

UC Emergency Med Quality Comm.

Printed 5/2/2022 3:14:21 PM by Todd W. Roat



High-risk comorbidities

- Personal/family history
- Known CKD
- HLD
- Diabetes
- Smoking, Substance use
- Obesity
- OSA
- Adrenal/thyroid disorders
- Medications (OCPs, cold remedies, NSAIDS, antidepressants, sympathomimetics, herbal remedies)
- Symptoms (headache, vision changes, SOB, chest pain, edema)

Blood pressure measurement technique

Prepare the patient:

- Resting > 5 minutes
- Empty bladder
- No talking during measurment
- No clothing under cuff
- Sitting, feet on floor, legs uncrossed

2. Proper Measurement technique:
   - Cuff level with mid-sternum
   - Cuff size: encircles 80% of arm
   - Use both arms
3. Documentation and averaging:
   - Use average of 2+ reading on 2+ occasions
   - If patient in pain, inaccurate BP

Created: 4/2022
Department of Emergency Medicine