

# Community Based Blood Pressure (BP) Screening Algorithm

## Prior to Screening:

1. Individual in a seated position, legs uncrossed, and arm at heart level

2. Cuff should not be placed over any clothing

3. Observe level of noise in the room

4. Ask about previous BP dx and/or medications

5. Ask about factors affecting BP (coffee, exercise, anxiety, smoking in the last 30 minutes)

Wait 1 to 5 minutes

1st Blood Pressure Reading

**Normal**  
SBP <120/  
DBP <80

**Elevated BP**  
SBP 120-129 or  
DBP <80

**Hypertension Stage 1**  
SBP 130-139 or  
DBP 80-89

**Hypertension Stage 2**  
SBP ≥140 or  
DBP ≥90

**Hypertensive Crisis**  
SBP >180 and/or  
DBP >120

Complete Screening  
(Advise recheck again in 1 year)

Review results and provide education on lifestyle modification  
(Blood pressure reassessment suggested at 3-6 months)

Wait 1 to 5 minutes

2nd Blood Pressure Reading

**Hypertension Stage 1**  
SBP 130-139 or  
DBP 80-89

**Hypertension Stage 2**  
SBP ≥140 or  
DBP ≥90

**Hypertensive Crisis**  
SBP >180 and/or  
DBP >120

Provide education and refer to primary provider for further assessment  
(10-year heart disease and stroke risk assessment is recommended to provider)

Immediate referral to provider  
(Possibly arrange transportation if in hypertensive crisis)

### 1 month follow up call by screener

Ask the following questions:

- Was your health care provider seen?
- Was the provider treatment plan followed?
- Is your blood pressure reduced or controlled?