|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Student** **Name:** | | | | | | | | |
| Sex: M or F | | Date of Birth: | | | | **Date of Entry:** | | |
| **Initial Blood Pressure** | | | **Blood Pressure Target:**  **140/90 or greater - hypertension**  **120/80 or less - ideal** | | | | | |
| **Initial Weight:** | | |
| **Initial BMI:** | | |
| **Co-Morbid Conditions:** | | | | | | | | |
| **Reminders:**   * **Explain the consequences of hypertension** * **Review medications and adverse effects** * **Refer to TUPP, IDT, the counselor/case manager , and Hypertension Wellness group** * **Set goals with patient (weight loss and exercise, avoid excessive alcohol, TUPP, and salt intake/diet)** | | | | | | | | |
| **BLOOD PRESSURE AND SELF MANAGEMENT** | | | | | | | | |
|  | **DATE** | |  |  |  | |  |  |
| **EVERY 3 MONTHS** | **Blood Pressure** | |  |  |  | |  |  |
| **Smoking:**  **Yes No** | |  |  |  | |  |  |
| **Activity level**  **(at least 30 min,**  **5 days/week)** | |  |  |  | |  |  |
| **Salt intake** | |  |  |  | |  |  |
| **Alcohol consumption** | |  |  |  | |  |  |
| **Weight (Target = \_ )** | |  |  |  | |  |  |
| **Sleep** | |  |  |  | |  |  |
| **TESTS** | | | | | | | | |
| **AT LEAST ANNUALLY** | **Fasting glucose or glycohemoglobin** | |  |  |  | |  |  |
| **Microalbumin (urine)** | |  |  |  | |  |  |
| **Total cholesterol** | |  |  |  | |  |  |
| **HDL-C** | |  |  |  | |  |  |
| **LDL-C** | |  |  |  | |  |  |
| **Triglycerides** | |  |  |  | |  |  |
| **MEDICATIONS/EFFECTS** | | | | | | | | |
| **Diuretic):** | | | **Calcium channel blocker:** | | | | | |
| **Beta blocker:** | | | **Combination:** | | | | | |
| **ACE inhibitor:** | | | **Other:** | | | | | |