**Treatment Guidelines for HEALTH STAFF**

# hypertension

Authorized health and wellness staff may treat elevated blood pressure as follows:

1. When a systolic blood pressure ≥ 140 mm or diastolic blood pressure of ≥ 90 mm is recorded for a student, repeat the blood pressure at three 10-minutes intervals, making sure that proper technique and cuff size are used.

2. If the blood pressure reading remains elevated, schedule the student to return to the health and wellness center on three separate occasions in the following 3-4 weeks for repeat blood pressure readings, then schedule an appointment with the center physician.

3. Students with “borderline” blood pressures (blood pressure readings are systolic between 125 and 139 and diastolic between 81 and 89) or who have a family history of hypertension should be encouraged to have their blood pressure checked every 3-6 months.

Each student with hypertension should have a chronic care management plan developed and implemented.

**WHEN TO REFER TO** **THE CENTER PHYSICIAN**

* If any one systolic reading ≥ 180 mm has been recorded
* If any one diastolic reading ≥110 mm has been recorded
* If systolic blood pressure readings of ≥140 mm have been recorded on three separate occasions
* If diastolic blood pressure readings of ≥ 90 mm have been recorded on three separate occasions
* Students with “borderline” blood pressures should be counseled on the meaning of high blood pressure, its consequences, and lifestyle choices that can alleviate the problem (such as lowering salt intake, smoking cessation, proper exercise, and weight management)

**Refer to the Hypertension Chronic Care Management Plan for additional guidance.**