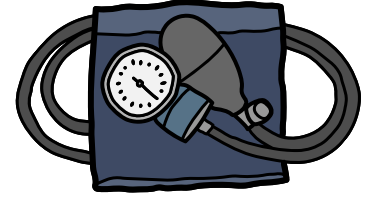


# HIGH BLOOD PRESSURE

Managing Elevated & High Blood Pressure  
in Coordinated Specialty Care Programs of NC  
K Graham MD, NC HeAL



## FACTS

- > 50% of CSC clients have elevated or high blood pressure
- hypertension is the #1 modifiable risk factor for CVD and mortality
- accuracy of clinic BP readings is generally low - but can be improved!

## STEPS TO IMPROVE BP MEASUREMENT

- Step 1: accurately measure BP. [Click here for tips!](#)
- Step 2: Follow the recommended [Action](#) below
- Step 3: [Refer](#) to NC HeAL for personalized coaching to address lifestyle factors

## Blood Pressure Categories



[heart.org/bplevels](http://heart.org/bplevels)

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg		DIASTOLIC mm Hg	ACTION
NORMAL	< 120	and	< 80	Promote optimal LIFESTYLE habits
ELEVATED	120-129	and	< 80	LIFESTYLE- exercise, nutrition, no smoking, less alcohol
HYPERTENSION STAGE 1	130-139	or	80-89	LIFESTYLE- If BP not normalized in 6 mo add medication
HYPERTENSION STAGE 2	≥ 140	or	≥ 90	Lifestyle + medication, referral to primary care
HYPERTENSIVE CRISIS	> 180	and/or	>120	Refer to urgent care immediately

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## ANTIHYPERTENSIVE MEDICATIONS



- **Non- African American** : 1st line: thiazides (chlorthalidone best of these), Calcium channel blockers, ACEi or ARBs
- **African American w/o CKD**: 1st line thiazide diuretics & Ca channel blockers

[Click here to see how much LIFESTYLE changes can lower BP.](#)

## EARN FREE CME

1. Accurately measuring BP
2. Antihypertensive pharmacotherapy

