



## Clinical Performance Measures Summary

If	Then
<b>Office visit</b>	Blood pressure measured*
<b>SBP&lt;120 and DBP &lt;80 (Normal)</b>	Recheck within 2 years
<b>SBP=120-139 or DBP=80-89 (Prehypertension)</b>	Recheck within 1 year & provide advice on LM therapy
<b>Pts with no DM or CKD</b>	Goal BP <140/<90
<b>SBP=140-159 or DBP=90-99 (Stage 1)</b>	Confirm within 2 months
This is pt's initial visit and currently not receiving therapy for BP	<ul style="list-style-type: none"> <li>• Trial of LM for 6-12 month</li> <li>• If goal not met then start medication</li> <li>• HCTZ is part of regimen for most</li> <li>• At least monthly f/u until goal BP is reached</li> <li>• If BP not at goal, adjust meds</li> </ul>
Pt is not receiving BP therapy and returns for follow-up visit for elevated BP:	<ul style="list-style-type: none"> <li>• Confirm within 1 month</li> <li>• LM therapy and Medication</li> <li>• HCTZ is part of the regimen for most</li> <li>• At least monthly f/u until goal BP is reached</li> <li>• If BP not at goal, adjust meds</li> </ul> Assess for symptoms, check for papilledema, and evaluate or treat within 1 week
<b>SBP&gt;160 or DBP &gt;100 (Stage 2)</b>	Goal BP <130/<80
This is pt's initial visit and currently not receiving therapy for BP	Recheck within 1 year & provide advice on LM therapy
Pt is not receiving BP therapy and returns for follow-up visit for elevated BP:	<ul style="list-style-type: none"> <li>• Trial of LM for 3 month</li> <li>• If goal not met then start medication</li> <li>• ACE-I or ARB is part of regimen</li> <li>• At least monthly f/u until goal BP is reached</li> <li>• If BP not at goal, adjust meds</li> </ul>
<b>SBP ≥ 140 or DBP ≥ 90</b>	<ul style="list-style-type: none"> <li>• LM therapy and Medication</li> <li>• ACE-I or ARB is part of regimen</li> <li>• At least monthly f/u until goal BP is reached</li> <li>• If BP not at goal, adjust meds</li> </ul>
<b>Pt receiving LM therapy &amp; BP medications:</b>	
BP still above goal at follow-up	<ul style="list-style-type: none"> <li>• Increase dose, add another BP medication, or substitute a BP medication</li> <li>• At least monthly f/u until goal BP is reached</li> </ul>

Key: SBP = systolic blood pressure, DBP = diastolic blood pressure; DM = diabetes mellitus; CKD = chronic kidney disease; f/u = follow-up; LM = lifestyle modification; HTN = hypertension. Blood pressures are in mm Hg.  
 \*Average of two or more readings separated by 30 seconds. Measurements should occur after 5 minutes of rest, seated, with back and arm supported and without food, caffeine, smoking or exercise in preceding 30 minutes.

DPGH 05102

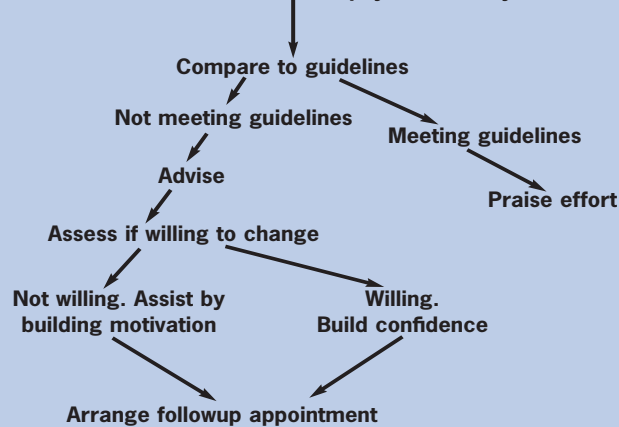


## Effective Brief Counseling

- Ask about current diet and physical activity habits.
- Advise patient to follow the DASH dietary pattern.
- Assess readiness to change lifestyle habits.
- Assist in setting realistic goals and action plan.
- Arrange a follow up visit.

## Algorithm for LM

Ask about current diet and physical activity.



Prepared for the Hypertension Improvement Project  
 Sponsored by NHLBI/NIH Grant # 303-6276

Oct. 2004

## Lifestyle Guidelines

FOR

## Blood Pressure Control

### Follow the DASH dietary pattern

(# servings for 2000 kcal diet)

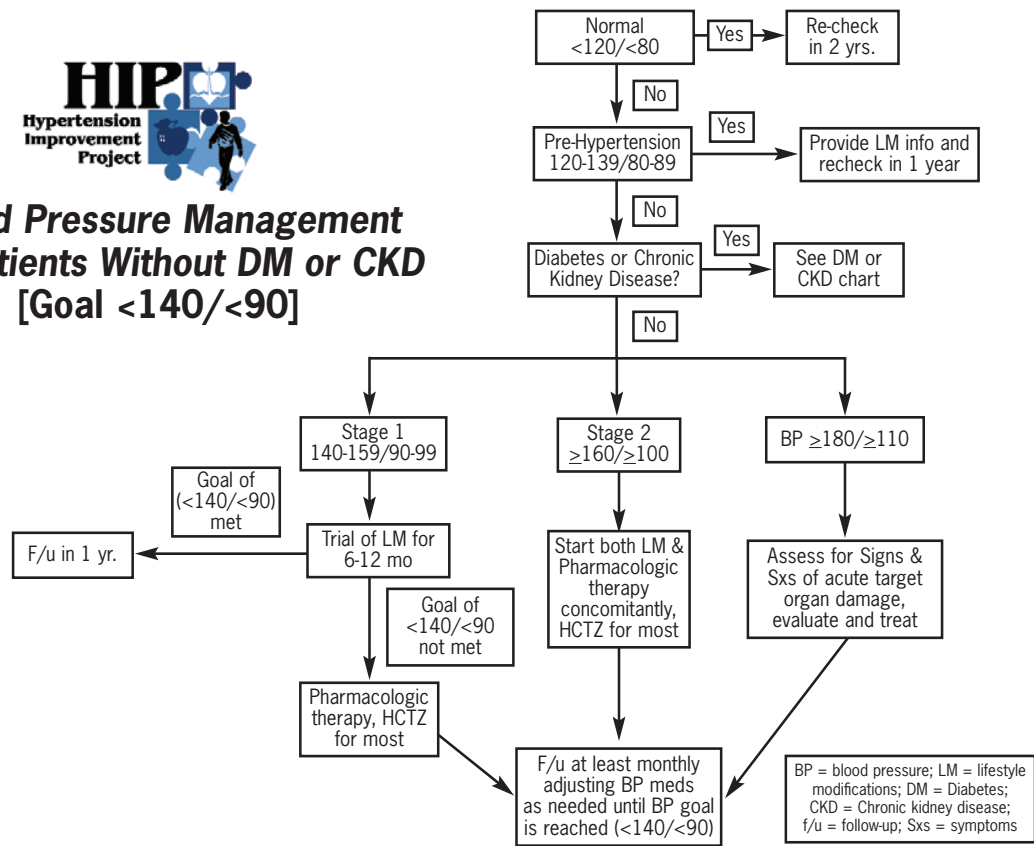
- **4-5 servings Fruits/day**  
1 serving = 1 medium fruit, ½ cup, or 6 oz juice
- **4-5 servings Vegetables/day**  
1 serving = 1 cup raw, ½ cup cooked, or 6 oz juice
- **2-3 servings low-fat Dairy/day**  
1 serving = 8 oz milk, 1 cup yogurt, or 1-½ oz cheese
- **7-8 servings Grains/day**  
1 serving = 1 slice bread, ½ cup rice, or pasta
- **2 or less servings Meats, Chicken & Fish/day**  
1 serving = 3 oz cooked, size of deck of cards
- **¼ serving Nuts, Seeds & Legumes/day**  
1 serving = ¼ cup nuts, 2 tsp seeds, ½ cup beans
- **Limit fats and sweets**

### And

- **Keep sodium intake to <2400 mg/day**  
(Read food label)
- **Lose weight if overweight**  
Overweight = BMI ≥25 kg/m<sup>2</sup>  
Encourage weight loss at 2 lbs/wk.
- **Moderate alcohol intake**  
1 drink/day for women  
2 drinks/day for men  
1 drink = 12 oz beer, 5 oz wine or 1.5 oz liquor
- **Stay physically active**  
Moderate aerobic exercise 30 minutes/  
day most days of the week



## Blood Pressure Management for Patients Without DM or CKD [Goal <140/<90]



## Blood Pressure Management for Patients With DM or CKD [Goal <130/<80]

