

Procedures for Patients with Severely Elevated Blood Pressure

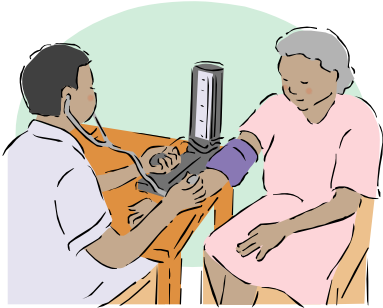
A. Overview

The Institutional Review Board (IRB) requires that subjects receive certain oral and written instructions if their average BP is greater than 210/115 mm Hg.

B. Recommended procedures

It is recommended that the pharmacist take the following actions if this situation occurs:

- (1) Ask patient if he/she has primary care physician.
- (2) Advise patient to contact his/her doctor immediately or to seek medical attention at the closest emergency room today.
- (3) Record the average SBP and DBP and give the attached handout to reinforce oral advice and importance of seeking attention today. Sign the handout and provide a telephone number where you can be reached. One blank copy of this handout will be provided in each patient chart.



Today's date: _____

Your Name: _____

Your blood pressure today was ____/____. This means your blood pressure is severely elevated or so high that it can lead to very serious problems such as a stroke or heart attack. You are strongly advised to contact your doctor immediately or go to the closest emergency room today.

A person whose blood pressure is severely elevated (greater than 210/115 mm HG) is said to be in a “hypertensive crisis”. This means the blood pressure is so high that it causes immediate danger and needs to be reduced rapidly by a doctor. Your blood pressure today indicates you may be in hypertensive crisis and need to see a doctor today.

Your Goal Blood Pressure is BELOW 140/90 (if you have diabetes or kidney disease your goal blood pressure is below 130/80).

Pharmacist

Pharmacy: _____

Pharmacy Telephone: _____