



## HYPERTENSION (HTN) MESSAGING ALGORITHM

### HYPERTENSION STAGES:

Stage	Blood pressure	Treatments
Normal	<120 / <80	Review Lifestyle Key Points
Elevated	120-129 / <80	Lifestyle modifications*
Stage 1 HTN	130 – 139 / 80 - 89	Lifestyle modifications and drug therapy.
Stage 2 HTN	≥140 / ≥90	Lifestyle modifications and drug therapy.
Urgency	>180 /110	Refer to Physician

Patients all had uncontrolled HTN at time of entering this monitoring program. At time of self-reporting blood pressure (BP) reading, if Blood Pressure falls within:

#### NORMAL RANGE

- PATIENT MESSAGE: “You are managing your BP well, continue taking your medication as prescribed. Exercise for at least 30 minutes on most days and monitor your weight. Continue to report your BP to the clinic every week”
- ACTION: BP readings to patient records. Email to Provider.

#### ELEVATED RANGE AND STAGE 1 HTN.

- PATIENT MESSAGE: “You are making good progress in managing your BP. Be sure to take your medication every day as prescribed by Dr. XXXXXX. Exercise for at least 30 minutes on most days and monitor your weight. Continue to report your BP to the clinic every week”
- ACTION: BP readings to patient records. Email to Provider.

#### STAGE 2 HTN

- PATIENT MESSAGE: “We would like to see your BP in a lower range. DR. XXXXXX or a clinical pharmacist will be reaching out to you to discuss your medications, diet, and exercise. Be sure to take your medication every day as prescribed by Dr. XXXXXX. Exercise for at least 30 minutes on most days and monitor your weight. Continue to report your BP to the clinic every week”
- ACTION: BP readings to patient records. Phone call to Clinical Pharmacist for decision on follow up action.
  - Pharmacist intervention according to protocol, OR
  - Pharmacist communication directly with provider, AND
  - Email to provider.

#### URGENCY

- ACTION: Immediate phone call to Provider. BP readings to patient records.