

## CHAP Session Blood Pressure Recommendation Protocol

Community Name: \_\_\_\_\_

Systolic (mm Hg)	Diastolic (mm Hg)	Definition (NOT DIAGNOSIS)	Required Recommendation(s) / Action(s)	Additional Recommendations
<90	<60	Low	If symptoms present (e.g. dizziness): <ul style="list-style-type: none"> <li>• <b>Nurse alerted → assessment + follow-up</b></li> <li>• Session Pharmacist may be alerted and a MedsCheck appointment</li> <li>• Consider booking a consultation or MedsCheck appointment with Regular or Session Pharmacist</li> </ul>	<ul style="list-style-type: none"> <li>• Review educational materials and consider following-up with CHAP session referrals and suggested community resources</li> <li>• Discuss with Family Physician at next visit</li> <li>• Consider booking a consultation or MedsCheck appointment with Regular or Session Pharmacist</li> </ul>
90-129	60-79	Normal	<ul style="list-style-type: none"> <li>• <b>Option to return for another CHAP session to discuss modifiable risk factors with Peer Health Educator</b></li> </ul>	
130-139	80-89	High Normal	If diabetes or other cardiovascular risk factors present: <ul style="list-style-type: none"> <li>• <b>Attend another CHAP session for reassessment and discussion with Peer Health Educator</b></li> </ul> If BP > 130/80 on re-assessment: <ul style="list-style-type: none"> <li>- <b>Make appointment with Family Physician</b></li> </ul>	
140+	90+	<i>Hypertensive range – Lifestyle modification and/or antihypertensive medication may be needed</i>		
140-159	90-99	Stage 1 - mild	<ul style="list-style-type: none"> <li>• <b>Attend another CHAP session for reassessment and discussion with Peer Health Educator</b></li> </ul> If BP > 140/90 on re-assessment: <ul style="list-style-type: none"> <li>• <b>Make appointment with Family Physician</b></li> </ul>	
160-179	100-109	Stage 2 - moderate	<ul style="list-style-type: none"> <li>• Data form faxed to Family Physician TODAY</li> <li>• <b>Attend another CHAP session for reassessment and discussion with Peer Health Educator</b></li> <li>• <b>See Regular Pharmacist (may be Session Pharmacist); a consultation or MedsCheck appointment may be booked</b></li> </ul> If BP > 160/100 on re-assessment: <ul style="list-style-type: none"> <li>• <b>Make appointment with Family Physician</b></li> </ul>	
180-209	110-119	Stage 3 - severe	<ul style="list-style-type: none"> <li>• <b>Nurse alerted → assessment + follow-up</b></li> <li>• <b>Nurse to CALL Family Physician today to ensure patient is followed-up</b></li> <li>• Data form faxed to Family Physician TODAY</li> <li>• Session Pharmacist may be alerted; a consultation or MedsCheck appointment may be booked with Regular Pharmacist</li> <li>• See Family Physician as soon as possible</li> <li>• Attend another CHAP session for reassessment and discussion with Peer Health Educator</li> </ul>	
210+	120+	Stage 4 - very severe	<ul style="list-style-type: none"> <li>• <b>Nurse alerted → assessment + follow-up</b></li> <li>• <b>Nurse to CALL Family Physician immediately for urgent appointment; if FP not available, send to Emergency</b></li> <li>• Data form faxed to Family Physician TODAY;</li> <li>• Session Pharmacist may be alerted; a consultation or MedsCheck appointment may be booked with Regular Pharmacist</li> </ul>	
<b>BP READING AT SESSION</b> NOTE: If systolic and diastolic pressures fall in different ranges, the <u>higher</u> range is used; e.g. 165 / 90 mm Hg = Stage 2.			<b>FOLLOW-UP RECOMMENDATION</b> NOTE: A Peer Health Educator typically discusses follow-up recommendation with participant, unless involvement of Nurse and/or Pharmacist is indicated, or participant has additional questions/concerns. The on-call Community Nurse or Session Pharmacist may be contacted at any time by the Peer Health Educator with questions/concerns relating to any participant. Participants will receive targeted health education materials / information about local resources / appropriate referrals.	

## Rationale for CHAP Session Blood Pressure Recommendations

Recommendation / Action	Rationale
<b>CHAP Session</b>	
<ul style="list-style-type: none"> <li>Attend another CHAP session for reassessment and discussion with Peer Health Educator</li> </ul>	<ul style="list-style-type: none"> <li>Blood pressure fluctuates naturally</li> <li>Multiple blood pressure readings using an accurate device provide more complete and accurate information for your doctor</li> <li>Volunteer Peer Health Educators can provide support with modifiable risk factors by reviewing your CHAP risk profile recording form and Heart and Stroke Blood Pressure Action Plan™, discussing priorities and strategies for addressing risk factors and providing helpful resources/referrals</li> </ul>
<b>Appointment with Family Physician</b>	
<ul style="list-style-type: none"> <li>Make appointment with Family Physician</li> </ul>	<ul style="list-style-type: none"> <li>Your doctor knows your health history and can diagnose high blood pressure or make changes to keep your blood pressure under control</li> <li>High blood pressure is often diagnosed over several visits, and is monitored regularly by your family doctor</li> </ul>
<ul style="list-style-type: none"> <li>See Family Physician <u>as soon as possible</u></li> </ul>	<ul style="list-style-type: none"> <li>When blood pressure is very elevated, you may be at risk of serious health problems; your doctor will need to diagnose high blood pressure and/or make changes to keep your blood pressure under control</li> </ul>
<b>Pharmacist and MedsCheck Appointment</b>	
<ul style="list-style-type: none"> <li>See Regular Pharmacist (may be Session Pharmacist) and a MedsCheck appointment may be booked</li> </ul>	<ul style="list-style-type: none"> <li>Your regular pharmacist is aware of your prescriptions and can identify drug-related problems that can contribute to hypertension</li> <li>Your pharmacist can also help with questions about side effects and taking your antihypertensive medication(s) regularly</li> <li>The MedsCheck appointment is an annual 30 minute discussion with your pharmacist about how your medications may be affecting each other</li> <li>Participants who are currently taking three or more prescriptions are eligible</li> <li>For more information call the INFOLine 1-866-255-6701 or TTY 1-800-387-5559</li> </ul>
<ul style="list-style-type: none"> <li>Session Pharmacist may be alerted and a MedsCheck appointment may be booked</li> </ul>	<ul style="list-style-type: none"> <li>The session pharmacist can provide <u>on-site</u> assessment of potential drug-related problems that can contribute to hypertension</li> </ul>
<b>Nurse</b>	
<ul style="list-style-type: none"> <li>Nurse alerted → assessment + follow-up</li> </ul>	<ul style="list-style-type: none"> <li>The program nurse will do a brief on-site health assessment and blood pressure measurement, to confirm elevated blood pressure and determine necessary care</li> <li>Depending on results, the nurse may call your doctor right away or later today to ensure follow-up</li> <li>If you require urgent care and your doctor is not available, you will be sent to Emergency</li> </ul>
<b>Risk Profile Data Form</b>	
<ul style="list-style-type: none"> <li>Data form faxed to Family Physician TODAY</li> </ul>	<ul style="list-style-type: none"> <li>The CHAP data form provides your doctor with new information that can be used in managing your blood pressure at your next visit or right away</li> </ul>

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