

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"> • Nurse alerted → assessment + follow-up • Session Pharmacist may be alerted and a MedsCheck appointment • Consider booking a consultation or MedsCheck appointment with Regular or Session Pharmacist 	<ul style="list-style-type: none"> • Review educational materials and consider following-up with CHAP session referrals and suggested community resources • Discuss with Family Physician at next visit • Consider booking a consultation or MedsCheck appointment with Regular or Session Pharmacist
90-129	60-79	Normal	<ul style="list-style-type: none"> • Option to return for another CHAP session to discuss modifiable risk factors with Peer Health Educator 	
130-139	80-89	High Normal	If diabetes or other cardiovascular risk factors present: <ul style="list-style-type: none"> • Attend another CHAP session for reassessment and discussion with Peer Health Educator If BP > 130/80 on re-assessment: <ul style="list-style-type: none"> - Make appointment with Family Physician 	
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"> • Attend another CHAP session for reassessment and discussion with Peer Health Educator If BP > 140/90 on re-assessment: <ul style="list-style-type: none"> • Make appointment with Family Physician 	
160-179	100-109	Stage 2 - moderate	<ul style="list-style-type: none"> • Data form faxed to Family Physician TODAY • Attend another CHAP session for reassessment and discussion with Peer Health Educator • See Regular Pharmacist (may be Session Pharmacist); a consultation or MedsCheck appointment may be booked If BP > 160/100 on re-assessment: <ul style="list-style-type: none"> • Make appointment with Family Physician 	
180-209	110-119	Stage 3 - severe	<ul style="list-style-type: none"> • Nurse alerted → assessment + follow-up • Nurse to CALL Family Physician today to ensure patient is followed-up • Data form faxed to Family Physician TODAY • Session Pharmacist may be alerted; a consultation or MedsCheck appointment may be booked with Regular Pharmacist • See Family Physician as soon as possible • Attend another CHAP session for reassessment and discussion with Peer Health Educator 	
210+	120+	Stage 4 - very severe	<ul style="list-style-type: none"> • Nurse alerted → assessment + follow-up • Nurse to CALL Family Physician immediately for urgent appointment; if FP not available, send to Emergency • Data form faxed to Family Physician TODAY; • Session Pharmacist may be alerted; a consultation or MedsCheck appointment may be booked with Regular Pharmacist 	
BP READING AT SESSION 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.			FOLLOW-UP RECOMMENDATION 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
CHAP Session	
<ul style="list-style-type: none"> Attend another CHAP session for reassessment and discussion with Peer Health Educator 	<ul style="list-style-type: none"> Blood pressure fluctuates naturally Multiple blood pressure readings using an accurate device provide more complete and accurate information for your doctor 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
Appointment with Family Physician	
<ul style="list-style-type: none"> Make appointment with Family Physician 	<ul style="list-style-type: none"> Your doctor knows your health history and can diagnose high blood pressure or make changes to keep your blood pressure under control High blood pressure is often diagnosed over several visits, and is monitored regularly by your family doctor
<ul style="list-style-type: none"> See Family Physician <u>as soon as possible</u> 	<ul style="list-style-type: none"> 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
Pharmacist and MedsCheck Appointment	
<ul style="list-style-type: none"> See Regular Pharmacist (may be Session Pharmacist) and a MedsCheck appointment may be booked 	<ul style="list-style-type: none"> Your regular pharmacist is aware of your prescriptions and can identify drug-related problems that can contribute to hypertension Your pharmacist can also help with questions about side effects and taking your antihypertensive medication(s) regularly The MedsCheck appointment is an annual 30 minute discussion with your pharmacist about how your medications may be affecting each other Participants who are currently taking three or more prescriptions are eligible For more information call the INFOLine 1-866-255-6701 or TTY 1-800-387-5559
<ul style="list-style-type: none"> Session Pharmacist may be alerted and a MedsCheck appointment may be booked 	<ul style="list-style-type: none"> The session pharmacist can provide <u>on-site</u> assessment of potential drug-related problems that can contribute to hypertension
Nurse	
<ul style="list-style-type: none"> Nurse alerted → assessment + follow-up 	<ul style="list-style-type: none"> The program nurse will do a brief on-site health assessment and blood pressure measurement, to confirm elevated blood pressure and determine necessary care Depending on results, the nurse may call your doctor right away or later today to ensure follow-up If you require urgent care and your doctor is not available, you will be sent to Emergency
Risk Profile Data Form	
<ul style="list-style-type: none"> Data form faxed to Family Physician TODAY 	<ul style="list-style-type: none"> 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

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