

General Practice - Health Care Support Worker Protocols

Taking Blood Pressure

This protocol is intended to assist Health Care Support Workers carry out routine assessment/measurements and inform them of when they should inform/seek advice from a Health Care Professional. This protocol is offered as a basis and can be adapted by individual practices.

AIM/OBJECTIVE OF GUIDELINE

To take and record accurate blood pressure reading
To have knowledge of what constitutes a normal blood pressure
To have a basic knowledge of what a high/low blood pressure is
To be aware of when to inform/refer on to a PN/GP

Cautions

It is important that HCAs taking blood pressure measurements are aware if the individual is in the '**High Risk**' category. The High risk category includes:

1. Target organ damage
2. Known cardiovascular disease
3. Previous stroke or TIA
4. Renal disease
5. Diabetes mellitus

Measuring blood pressure

- Automated devices may not correctly measure a blood pressure if the individual has an irregular pulse. Therefore the pulse should be checked first. If individual has an irregular pulse, a manual monitor should be used. Document and inform GP/PN re irregular pulse.
- If blood pressure measured in the clinic is 140/90 mmHg or higher, or 130/80 in '**High Risk**' individuals; carry out three blood pressures and record the average blood pressure (**The first Blood Pressure reading should not be used when calculating average**) The below link takes you to BP average calculator https://binfy.com/blood_pressure_average_calculator.php
- If doing a standing and sitting blood pressure - inform the GP/PN if the systolic blood pressure falls by 20mmHg or more when the person is standing

Please note:

During the HCSWs working day it is important that they can discuss the outcomes of their delegated tasks.

Blood pressure	Action
Clinic Systolic BP > 180 Or Diastolic BP > 110	Speak to GP/ANP urgently
Systolic BP > 140-159 Diastolic BP > 90-99	<ul style="list-style-type: none"> Inform individual that their Blood pressure is high (tell them the numbers) and that you will discuss with GP/ANP/PN today. Inform individual that they will need their blood pressure rechecked. Inform patient that someone will call them back to discuss plan. Inform individual when this is likely to be.
High Normal BP Systolic BP 130-139 / Diastolic BP 85-89 (please see above for ' at high risk ')	<ul style="list-style-type: none"> Inform individual that Blood pressure is just in normal range (tell them the numbers) Inform individual that you will speak to PN/GP/ANP today, as they may wish to discuss this further/ repeat Blood pressure. Inform patient that someone will call them back to discuss plan. Inform individual when this is likely to be.