

Lakeland Care
PROTOCOL ORDERS
Hypertension Care Protocols

Defined Population	
Patients ages 18 years and older, not pregnant with diagnosis of hypertension classification based on 2 or more seated BP readings on 2 or more office visits.	
Lab Evaluations/Results	
Check serum potassium, eGFR, and urine albumin/creatinine ratio at least annually for patients on medication therapy.	
Diagnostic Evaluation/Results	
Blood pressure checked at each visit: Resting 5 minutes in a chair with feet flat on the floor, legs uncrossed, back supported, arm supported at heart level, cuff on bare arm, appropriate size cuff, empty bladder, and no talking. BP goal, based on office readings: <130/80 mm Hg if at risk (ASCVD, CKD, diabetes) and ambulatory <140/90 mm Hg if no risk factors	
Plan of Care	
<ol style="list-style-type: none"> 1. Encourage out of office BP measures using validated equipment and technique with communication of results, frequent checks for accuracy, and lifestyle adjustments. Home reading are often 5 mm Hg lower than the office. 2. Assess for BMI, aerobic activity, smoking and alcohol intake. 	
Additional Care	
Approval/Signatures	
Physician Section Leader:	Date:
Medical Director:	Date:

DISTRIBUTION

All recipients of this protocol must acknowledge their receipt and understanding of the protocol by referring any questions or problems with the protocol within ten days of the issue date to their immediate supervisor. If no questions or problems are communicated, it will be assumed that the protocol has been read and understood. All questions regarding this protocol its implementation may be referred to the Medical Director of **practice name**

Original Date: 3-25-15

Reviewed Dates: 4-28-16, 12-16-21

Revised Dates: 2-22-18, 1-24-19, 12-16-21