

Classification of Blood Pressure	Systolic Blood Pressure (mmHg)	AND	Diastolic Blood Pressure (mmHg)	Goal Blood Pressure (mmHg)	Symptoms of Organ Damage	Follow-Up Recommendation
Normal	<120	AND	<80			Re-check yearly or as recommended by doctor; <i>Reinforce lifestyle adherence.</i> *
Pre-Hypertension	120-139	OR	80-89			Re-check yearly or as recommended by doctor; <i>Reinforce lifestyle adherence.</i> *
Hypertension, Stage 1	140-159	OR	90-99	For those < 60 years of age, the goal is <140/90		Recommend follow up with doctor within 2 months;
Hypertension, Stage 2	≥160	OR	≥100	For those ≥ 60 years of age, the goal is <150/90		
Hypertensive Urgency#	≥180	OR	≥110	See above	No	<i>Re-check after a few minutes, re-apply correct cuff and do second reading to confirm.</i> Recommend follow up with doctor immediately;
Hypertensive Emergency#	≥180	OR	≥110 (usually exceeds 120)	See above	Yes	<i>Re-check after a few minutes, re-apply correct cuff and do second reading to confirm.</i> Discuss with person calling 9-1-1 or going to the Emergency Department – if client declines COMPLETE Section on Client Consent Form

* Lifestyle adherence includes active living, healthy eating, and smoke-free lifestyle. Use Heart Health Tips handout as an educational tool.

** If appropriate, reinforce importance of medication adherence as part of recommendations, if the individual is on medication.

#If the reading remains at this level, seek emergency medical treatment for a hypertensive crisis. See your medical provider or if you cannot access the emergency medical services (EMS), have someone drive you to the hospital immediately.

Please note that these are only guidelines; always assess on an individual basis and use your best clinical judgment when making recommendations.

Sources:

American Heart Association, [Understanding Blood Pressure Readings webpage](#). Last updated August, 2014. Retrieved December 11, 2015.

US Preventive Services Task Force, [Final Recommendation Statement: Hypertension in Adults](#). October 2015.