Ask your client: Do you have High Blood Pressure?

Yes

Ask: Would you like support in managing your blood pressure?

Assess support needed:
- Do they know their recent blood pressure numbers?
- Do they believe these numbers are correct?
- Do they understand what the numbers mean?
- Do they believe their blood pressure is in control?
- Does their provider think their blood pressure is in control?

Say: Keeping track of your blood pressure between health visits is a good way to see what's happening and knowing if more changes are needed.

Ask: Are you interested in monitoring/tracking your blood pressure?

Encourage knowing the blood pressure numbers at most recent health-related visit. Let client know support is available if they want it in the future. Encourage working with provider/medical home to get blood pressure numbers in the range provider recommends.

I Do Not Know...

Has a medical home.
Encourage screening at provider's office at an upcoming appointment. If risk factors are present, recommend making an appointment for screening.

Doesn’t have a medical home.
Help connect patient with medical home or other primary care. If none available, identify other sources of accurate screening and follow-up.

Risk Factors Include
- Family history, overweight, obesity, high cholesterol, diabetes, physical inactivity, poor nutrition, smoking, tobacco or nicotine use, alcohol use, pregnancy, use of oral contraceptives containing estrogen.

Ask
- Do you need help making an appointment?
- Can we follow-up after your appointment to talk about the results?
- How would you like to stay in touch?

With results, follow yes or no above.

No

Encourage everyone to know the blood pressure numbers from their most recent health-related visit.

If appropriate, give positive feedback and support for healthy lifestyle and prevention.
Options for Blood Pressure Self-Monitoring

Say and Ask

**Say:** There are different options for measuring and tracking your blood pressure between health care visits.

**Ask:** May I ask you some questions to find out what could work best for you?

Note: Wrist cuffs are not recommended, as their accuracy is not as reliable as cuffs that are placed on the upper arm.

**Own an automated monitor**

**Say:** It is possible to purchase a blood pressure monitor. They usually cost between $40-60, depending on the model, sometimes more.

**Ask:** Is this something you can pay for?

**Assess support needed:**
- Do you need help making a plan to buy one?
- Would you like information about how to choose a monitor?
- Do you need your monitor to have any special features, like an extra-small or extra large cuff?

**Yes**

**No**

**Get your blood pressure checked in your community**

**Say:** Some people like to get their blood pressure checked regularly at a community center, pharmacy, or fire station.

**Ask:** Is this something you would be interested in?

**Assess support needed:**
- Do you need help finding a place to measure your blood pressure nearby? We can brainstorm about possible places and also check WIN 211.
- Where do you go during the week? If you go to a grocery store, do they have a pharmacy with a blood pressure machine? Does your church have a blood pressure monitor? Do you visit a senior center?

**Yes**

**No**

**Borrow an automated monitor**

**Say:** Sometimes you can borrow a blood pressure monitor you can use while your blood pressure is getting under control.

**Ask:** Is this something you would be interested in?

**Assess support needed:**
- Have you asked your health care provider if they have one available you can borrow?
- Would you like help asking your provider’s office?
- Would you like me to look into other possibilities?

**Yes**

**No**

**Provide support to everyone on:**
- Accurate measurement & tracking • Connecting blood pressure readings back to provider

**KEY RESOURCES**

- Pharmacists
- Providers
- Community Health Centers
- WIN 211—dial 211 or visit win211.org
- State and local public health

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711)

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