

Blood Pressure Control: What Matters?



Specialists



Why

Americans visit a physician's office about 3.1 times per year. Approximately 1/3 of those visits are to a primary care physician (PCP - family practice, internal medicine or pediatrics). The rest involve visits to a specialist physician.

What

Factors that involve the provider, patient, procedure, and device need to be understood to ensure accuracy. It is possible that patients might be in a heightened state of distress or pain, both of which could temporarily elevate the blood pressure.



The specialist's office should be a fully engaged partner with the PCP in seeing that patients receive high quality care.

How

1. Ensure your staff members have received appropriate training on how to take an accurate blood pressure.

2. Initial blood pressures at or above 140/90 should be repeated after a period of rest, as second blood pressures are often lower.

3. If blood pressure is at or above 140/90, collaborate with PCPs to confirm hypertension or to document that the blood pressure was only temporarily increased.