

PLANK 5

TOOL: BP STARS Card (University of Utah Health Care)



- B-** Bladder Empty
- P-** Planted, Both feet on the floor
- S-** Sitting or Standing
- T-** Talking, not talking you or them
- A-** Arm at level of the heart
- R-** Rested for at least 5 minutes
- S-** Starving (for 30 minutes)



Blood Pressure Targets

Primary Care

In general a BP of <139/89mmHg is acceptable

- SBP >140 or DBP >90 Notify provider
- SBP >180 or DBP >110 Notify Provider
- SBP <90 Notify Provider

Specialty Care

- If >140-179 SBP or > 90-109 DBP ,phrase in AVS
- Your blood pressure was ____ at today's visit. It is recommended that you make an appointment with you primary care provider for follow up. (**Order consult FP, IM or IM/Peds, queue will go to referral pool)
- If SBP 180-209 or DBP 110-119
- Patient should be evaluated by their PCP if available or other available provider.
- If SBP >210 or >120
- Provider should call PCP and discuss evaluation and treatment plan.

Pediatrics

Age	Pulse	Blood Pressure	Respiratory Rate
0-12 months	110-180	90/55	30-50
12-24 month	90-150	90/60	22-30
2-3 Years	90-150	95/60	22-30
4-5 years	65-135	99/65	20-24
6-8 Years	60-130	100/56	18-24
9 years	60-110	105/56	18-24
10-12 years	70-110	110/58	16-22
12-17 years	70-100	106-118/62-67	16-22

