PLANK 5

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

**BP STARS**

**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)

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**Blood Pressure Targets**

In general, a BP of <139/89 mmHg is acceptable.
- SBP >140 or DBP >90 Notify provider
- SBP >180 or DBP >110 Notify Provider
- SBP <90 Notify Provider

For babies:
- If >140-179 SBP or > 90-109 DBP, please measure and refer.
- Your blood pressure was ____ at today's visit. It is recommended that you make an appointment with your primary care provider for follow up.

For children:
- 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.

<table>
<thead>
<tr>
<th>Age</th>
<th>Pulse</th>
<th>Blood Pressure</th>
<th>Respiratory Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-12 months</td>
<td>110-180</td>
<td>9095</td>
<td>30-50</td>
</tr>
<tr>
<td>12-24 month</td>
<td>90-150</td>
<td>9090</td>
<td>22-30</td>
</tr>
<tr>
<td>2-3 Years</td>
<td>90-150</td>
<td>9090</td>
<td>22-30</td>
</tr>
<tr>
<td>4-5 Years</td>
<td>65-135</td>
<td>9585</td>
<td>20-24</td>
</tr>
<tr>
<td>6-8 Years</td>
<td>60-130</td>
<td>10090</td>
<td>18-24</td>
</tr>
<tr>
<td>9 years</td>
<td>60-110</td>
<td>10090</td>
<td>18-24</td>
</tr>
<tr>
<td>10-12 years</td>
<td>70-110</td>
<td>11098</td>
<td>16-22</td>
</tr>
<tr>
<td>12-17 years</td>
<td>70-100</td>
<td>106-11092</td>
<td>16-22</td>
</tr>
</tbody>
</table>

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**Specialty Care**

- Measure Up Pressure Down
- University of Utah Health Care
- TO IMPROVE HYPERTENSION CONTROL