

PLANK 5

TOOL: Blood Pressure Report Card (Billings Clinic)

Name _____

Date _____

Your Blood Pressure Report Card

"A-B-C's"	Risk Factor:	Your Goals:
<p>A is for "Activity"</p>	<p>Lack of Physical Activity <i>Increased activity is the NATURAL way to improve your blood pressure control and overall health</i></p>	<p><input type="checkbox"/> Exercise 30-60 minutes most days of the week <input type="checkbox"/> Increase to 60-90 minutes most days of the week to lose weight</p>
<p>B is for "Blood Pressure"</p>	<p>High Blood Pressure <i>Most recent blood pressure readings:</i> ____/____/____ ____/____ ____/____/____ ____/____</p>	<p><input type="checkbox"/> Less than 140/90 if you don't have diabetes, kidney disease or other complicating disease <input type="checkbox"/> Less than 130/80 if you have diabetes or kidney disease <input type="checkbox"/> You should get your blood pressure checked at every office visit</p>
<p>C is for "Cuff Size"</p>	<p>A Blood Pressure CUFF that is too small will make your blood pressure look too high <i>Your arm circumference is:</i> Date: ____/____/____ ____ cm</p>	<p>Arm Circumference: <input type="checkbox"/> 22 – 26 cm = Pediatric <input type="checkbox"/> 27 – 34 cm = Adult <input type="checkbox"/> 35 – 44 cm = Large Adult <input type="checkbox"/> 45 – 52 cm = Adult Thigh</p>
<p>D is for "Dash Food Plan"</p>	<p>A diet high in sodium can increase blood pressure</p>	<p><input type="checkbox"/> Get a DASH food plan from the nurse today <input type="checkbox"/> Your blood pressure would benefit from a visit with one of our nutrition specialists for a personalized diet and exercise plan</p>
<p>E is for "Eyes"</p>	<p>Hypertensive Eye Disease <i>Retinopathy is the leading cause of blindness in the U.S.</i> <i>Date of last eye exam:</i> ____/____/____</p>	<p><input type="checkbox"/> Get a dilated eye exam by an eyecare specialist ONCE A YEAR or as directed Date Eye Exam Due: ____/____/____</p>
<p>F is for "Feelings"</p>	<ul style="list-style-type: none"> • Stress can raise blood pressure • Chronic disease can increase your risk for depression 	<p><input type="checkbox"/> Talk to your provider if you have been feeling increased stress, anger or frustration <input type="checkbox"/> Talk to your provider if you have been feeling less motivated to take care of yourself</p>
<p>G is for "Get Weight Down"</p>	<p>Being over ideal weight can increase high blood pressure Your weight today: ____ pounds</p>	<p><input type="checkbox"/> Losing 5-10% of your current weight will improve your health and may improve your blood pressure <input type="checkbox"/> 5-10% = ____ - ____ pounds</p>
<p>H is for "Heart and Stroke"</p>	<p>Unrecognized Risk of Heart Disease and Stroke <i>Every increase of 20mmHG DOUBLES your risk of heart attack and stroke</i></p>	<p><input type="checkbox"/> Lifestyle measures such as diet and exercise will usually improve pressure within 6 weeks <input type="checkbox"/> Most patients with high blood pressure need at least 2 medicines to reach blood pressure goals</p>
<p>I, J, K is for "Kidneys"</p>	<p>Unrecognized Kidney Disease <i>Uncontrolled blood pressure can lead to kidney disease</i></p>	<p><input type="checkbox"/> See your doctor at least yearly for blood tests of kidney function <input type="checkbox"/> Keep your blood pressure at goal or lower for optimum kidney health</p>
<p>L is for "Loose Sleeves"</p>	<p>Fabric beneath the stethoscope or tight sleeves can change blood pressure readings</p>	<p><input type="checkbox"/> Always wear loose clothing when having blood pressure taken, or slip your arm all the way out of the sleeve before the nurse reads blood pressure</p>

