

High Blood Pressure Self-Management Action Plan

How do I monitor my blood pressure?

- Monitor your blood pressure - take 2 measurements, throw out the first measurement
- Rest in between readings, with your feet flat on the floor, back against the chair, arm at heart level on a flat surface, with the appropriately sized cuff
 - Stage 1: **130/80 - 139/89 mm Hg**
 - Stage 2: Higher than (or equal to) **140/90 mm Hg**

What are the goals of therapy?

If you have no other risk factors and are younger than 60 years:

- Your target blood pressure is less than 130/80.
 - Caution: Low **diastolic** pressure (bottom blood pressure number) or low blood pressure symptoms (for example, dizziness with position changes) may limit your body's ability to control your **systolic** pressure (top blood pressure number).
- Use extreme caution if your diastolic (bottom) number is below 60.
- For diabetics, mortality risk increases if the diastolic (bottom) number is below 70.

How should I modify my lifestyle?

- Lose weight if needed.
- Reduce sodium (salt) in your diet to less than 2.4 gm/day.
- Stop or avoid smoking.
- Reduce the amount of alcohol you drink. Have no more than 2 ounces of 100 proof whisky, 8 ounces of wine, or 24 ounces of beer in a 24-hour period.

- Monitor your blood pressure at home and record your readings for your doctor.
 - Let your doctor know if your blood pressure is above your goal for 5 days in a row.
 - **Call your doctor immediately if the systolic blood pressure (top number) is above 180 or the diastolic (bottom number) is above 120.**
- Follow the “**DASH**” (Dietary Approaches to Stop Hypertension) Diet, which has been shown to reduce blood pressure. Follow these tips from the DASH diet:
 - Eat fewer processed foods (such as snack items, lunch meats, canned soups).
 - Eat foods high in calcium, potassium, and magnesium (such as fruits, vegetables, and dairy).
 - Eat foods with less sodium (salt).
 - Eat 8-10 servings of fruits and vegetables and 3 servings of low-fat dairy products each day.
 - Eat foods low in fat.
 - For more information on following the DASH diet, visit:
http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf
- Do 30-45 minutes of exercise each day. Walk, bike, swim, or do some other form of exercise for 30 minutes each day.

How do I contact my Care Navigator?

If you would like to discuss your Hypertension Self-Management Action Plan, please contact your Care Navigator:

- General Medicine: 734-998-2020
- Family Medicine: 734-539-5000
- Med Peds: 734-647-5670

- Geriatrics: 734-764-6831

If you are calling after hours, need to discuss symptoms, or your concern is urgent, please call the appropriate number from the list above and select the “symptom” prompt to speak with a triage nurse. This nurse line is open to assist you with symptoms 24 hours a day, 7 days a week, 365 days a year.

If at any time you feel that your symptoms are severe, please call 911 or go to your local ER.

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Reviewers: UMMG Best Practice Committee and Nursing Supervisor for Care Navigation group

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