

# 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.