



American Heart Association.

CHECK IT OUT! BLOOD PRESSURE AT HOME TOOLKIT



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Building Stronger Communities...One Life at a Time



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**Scan below for video on how
to monitor your blood
pressure at home**



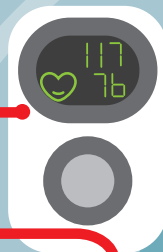
**For more information
www.manageyourbp.org**



Supported by the HCA Healthcare Foundation

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

USE A VALIDATED MONITOR. ASK YOUR HEALTH CARE PROVIDER OR PHARMACIST FOR HELP.



IN THE 30 MINUTES BEFORE YOUR BLOOD PRESSURE IS TAKEN:

- NO SMOKING.
- NO EXERCISE.
- NO CAFFEINATED BEVERAGES.
- NO ALCOHOL.

FOR 5 MINUTES BEFORE YOUR BLOOD PRESSURE IS TAKEN:

- SIT STILL IN A CHAIR.

RIGHT BEFORE:

- MAKE SURE THE CUFF IS THE RIGHT SIZE.
- WRAP IT JUST ABOVE THE BEND IN THE ELBOW.
- WRAP IT AGAINST SKIN, NOT OVER CLOTHING.

WHILE YOUR BLOOD PRESSURE IS BEING TAKEN:

- RELAX.
- DON'T TALK.
- REST THE CUFFED ARM COMFORTABLY ON A FLAT SURFACE (LIKE A TABLE) AT HEART LEVEL.
- SIT UPRIGHT, BACK STRAIGHT AND SUPPORTED.
- KEEP LEGS UNCROSSED AND FEET FLAT ON THE FLOOR.

AFTER:

- IF AT HOME, WAIT ONE MINUTE AND TAKE A SECOND READING. AVERAGE THE READINGS.
- CONSIDER A THIRD READING.

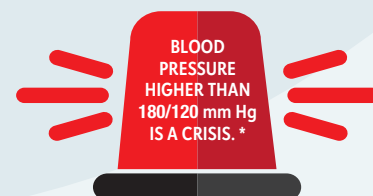
RECOMMENDATIONS:

- KEEP A JOURNAL. BRING IT TO EVERY CHECKUP.
- HAVE YOUR HEALTH CARE PROVIDER CHECK YOUR MONITOR ANNUALLY.

GoRedforWomen.org

American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	OR	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



*Wait five minutes and take your blood pressure again. If your readings are still high, contact your healthcare provider immediately.

LEARN MORE AT HEART.ORG/HBP



American Heart Association®

Check. Change. Control.®

Consequences of High Blood Pressure

High blood pressure (HBP) is often the first domino in a chain or “domino effect” leading to devastating consequences, like:



STROKE

HBP can cause blood vessels in the brain to burst or clog more easily.



VISION LOSS

HBP can damage the vessels in the eyes.



HEART FAILURE

HBP can cause the heart to enlarge and fail to supply blood to the body.



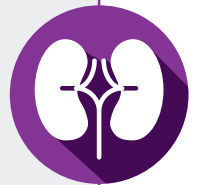
HEART ATTACK

HBP damages arteries and causes them to narrow and stiffen.



SEXUAL DYSFUNCTION

This can be erectile dysfunction in men or lower libido in women.



KIDNEY DISEASE/ FAILURE

HBP can damage the arteries in the kidneys and interfere with their ability to effectively filter blood.

A simple **blood pressure check** is the first step to preventing the “domino effect.”

Learn more at heart.org/hbp.



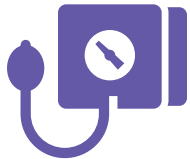
HOW TO MANAGE BLOOD PRESSURE



UNDERSTAND READINGS

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.

Blood pressure is typically recorded as two numbers, written as a ratio like this:



117
76

SYSTOLIC

The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

DIASTOLIC

The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

Read as "117 over 76" millimeters of mercury.

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER #)		DIASTOLIC MM HG (LOWER #)
Normal	Lower than 120	and	Lower than 80
Elevated Blood Pressure	120 -129	and	80
High Blood Pressure (Hypertension) Stage 1	130 -139	or	80 -89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/ or	Higher than 120



TRACK LEVELS



A diagnosis of high blood pressure must be confirmed with a health care professional. Any unusually low blood pressure readings should also be evaluated.

Health care professionals can take blood pressure readings and provide recommendations.

Learn more at heart.org/lifes8



TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



MOVE MORE

Physical activity helps control blood pressure, weight and stress levels.



MANAGE WEIGHT

If you're overweight, even a slight weight loss can reduce high blood pressure.



NO NICOTINE

Every time you smoke, vape or use tobacco, the nicotine can cause a temporary increase in blood pressure.

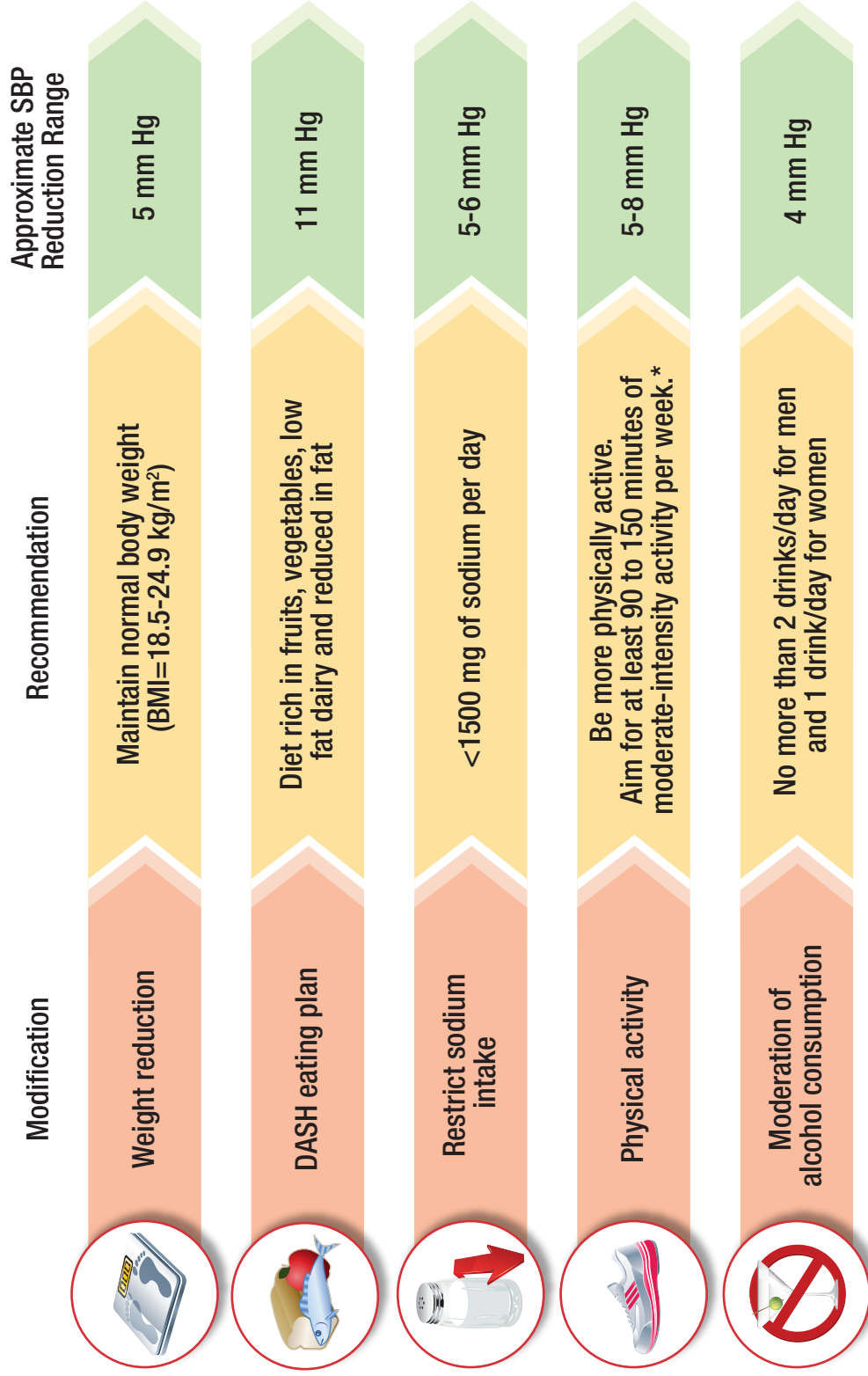


SLEEP WELL

Short sleep (less than 7 hours) and poor-quality sleep are associated with high blood pressure.

What Can I Do To Improve My High Blood Pressure?

TARGET:BP™



*Adults should also do muscle-strengthening activities 2 or more days per week.

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension

Best Proven Nonpharmacologic Interventions for Prevention and Treatment of Hypertension
According to 2017 Hypertension Clinical Practice Guideline



American Heart Association.

10 ways to improve your heart health

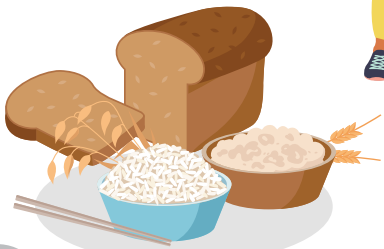
1 Balance calories eaten with physical activity.



2 Reach for a variety of fruits and vegetables.



3 Choose whole grains.



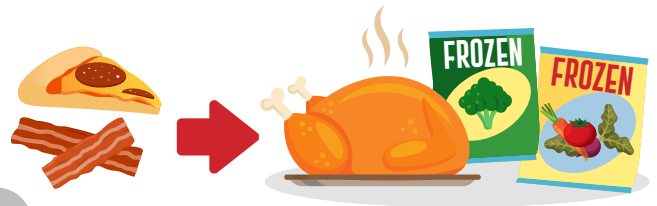
4 Include healthy protein sources, mostly plants and seafood.



5 Use liquid non-tropical plant oils.



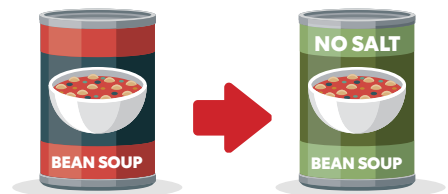
6 Choose minimally processed foods.



7 Subtract added sugars.



8 Cut down on salt.



9 Limit alcohol.



10 Do all this wherever you eat!



Need more food for thought? Go to www.heart.org/eatsmart

SELF- MONITORED BLOOD PRESSURE CUFF LOANER PROGRAM SAFETY PROTOCOL



Blood pressure management is more important than ever during the pandemic. We want you to feel prepared to manage the loaner program in your community. This document outlines the detailed steps that will help you achieve proper safety when loaning blood pressure monitors.

GENERAL CLEANING AND MAINTENANCE OF BLOOD PRESSURE MONITOR FOR STAFF AND COMMUNITY

- Clean monitor with soft dry cloth, no abrasive cleaners.
- Do not attempt to wash the cuff, only wipe it with a sterilizing wipe. For Example: Lysol, Clorox, or Stepan towelettes
- Do not submerge the device or any components in water.
- Do not subject the monitor to extreme hot or cold temperatures, humidity, or direct sunlight.
- Store device and components in a clean safe location.
- Do not subject the monitor to strong shocks, such as dropping the unit on the floor.

***Note: Do not forcefully bend the arm cuff or air tube, do not fold tightly

COVID-19 PRECAUTIONS & STEPS FOR STAFF: SAFETY WHILE DISTRIBUTING AND MAINTAINING BLOOD PRESSURE MONITORS AND CUFFS



To make your blood pressure loaner program as safe as possible please follow the below steps:

- Wear mask and gloves while distributing, accepting, and disinfecting blood pressure monitors and cuffs.
- All returned devices should be quarantined for 72 hours.
- All devices returned by participants should be properly disinfected and stored in a clean location after the 72 hours quarantine.



To learn more, visit us at [@American_Heart](#) or go to www.heart.org

SELF- MONITORED BLOOD PRESSURE CUFF LOANER PROGRAM SAFETY PROTOCOL



COVID-19 PRECAUTIONS & STEPS FOR STAFF: SAFETY WHILE DISTRIBUTING AND MAINTAINING BLOOD PRESSURE MONITORS AND CUFFS

- EPA-registered hospital disinfectants are appropriate to use for disinfecting medical equipment that contacts intact skin:
 - quaternary ammonium compounds
 - hydrogen peroxide
 - isopropyl alcohol (60-90%)
- *****Note:** Follow the disinfectant's label for safety precautions and use directions. For Example: contact time, dilutions, etc. Thoroughly wipe the durable one-piece blood pressure cuff, the cabling and pressure hose with a cloth dampened with the approved product listed above.
- Single-use disposable towels with a disinfectant also can be used for blood pressure cuffs and monitors.
- For Example: Lysol or Clorox wipes. Document the disinfection of the blood pressure monitor in the "Blood pressure monitor loaner log" (https://targetbp.org/tools_downloads/inventory-management/).
- Consider loaning blood pressure monitors for extended time.

STEPS FOR COMMUNITY: SAFETY WHILE BORROWING AND MAINTAINING A BLOOD PRESSURE MONITOR AND CUFF THROUGH LOANER PROGRAM

In order to ensure maximum safety, instruct those who borrow monitors to follow these steps:

- Disinfect blood pressure monitors and cuffs before first use with approved cleaners mentioned above.
- Disinfect between uses if it is used by multiple people with approved cleaners mentioned above.
- Do not use blood pressure cuffs on broken skin.
- Clean and disinfect monitors and cuff before returning it with approved cleaners mentioned above.



To learn more, visit us at @American_Heart or go to www.heart.org