



Highlighted text updated June 2024

Table 4.17 BP result and action if not already on a BP management plan

BP (mmHg)*	Action if No diabetes or CKD	Action if Diabetes	Action if CKD
Less than 130/80	Check BP in 2 years, give healthy lifestyle advice	Check BP as per usual Combined check for chronic conditions	Check BP as per usual Combined check for chronic conditions
130/80 or more but less than 140/90	Check BP in 1 year, give healthy lifestyle advice	Check BP twice in next 4 weeks • If still above 130/80 — see Table 4.18	Check BP twice in next 4 weeks • If still above 130/80 — see Chronic kidney disease
140/90 or more but less than 160/100	Check BP twice in next 4 weeks • If still above 140/90 — see Table 4.18	• See Table 4.18 • Medical follow-up within 1 month	• See Chronic kidney disease • Medical follow-up within 1 month
160/100 or more but less than 180/120	• See Table 4.18 • Medical follow-up within 1 month	• See Table 4.18 • Medical follow-up within 1 month	• See Chronic kidney disease • Medical follow-up within 1 month
180/120 or more	Urgent medical consult	Urgent medical consult	Urgent medical consult

* If systolic and diastolic readings in different categories — follow action for higher reading



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