



Highlighted text updated June 2024

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

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

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



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