

## HIGH BLOOD PRESSURE MONITORING (ADULT)

### I. DEFINITIONS:

#### A. High blood pressure

1. A disease and a risk factor.
2. A progressive involvement of the arterial and venous vessels with a blood vessel restriction and rigidity.

#### B. High blood pressure monitoring

1. The process of monitoring individuals who are known to be diagnosed with high blood pressure or blood pressure results outside normal limits now or in the past.
2. This may include individuals who have been diagnosed by a physician as having high blood pressure and are either “controlled” by medication or lifestyle changes.
3. The goals of monitoring are to provide blood pressure data to facilitate self-care and to bring about control of the disease process to reduce complications.

### II. CLINICAL FEATURES:

#### A. Subjective:

1. High blood pressure is most frequently asymptomatic.
2. It is known to have a very insidious course and is often called the “silent killer”.
3. Some symptoms that are often attributed to high blood pressure are tinnitus, dizziness, fainting, nosebleed and headache (especially upon awakening).
4. It should be noted that these symptoms occur no more frequently in hypertensive clients than in normotensive clients and do not reliably indicate blood pressure levels.

#### B. Objective:

1. Increased BP level above 140/90 or 130/80 for patients with diabetes
2. Readings which differ from one arm to the other
3. Readings which differ radically when position changes (standing, sitting, lying)
4. Pedal edema
5. Difference between apical and radial pulses
6. Objective symptoms frequently accompanied by weight over the standard level

#### C. Other Tests:

1. BP readings
2. Pulse readings
3. Height and weight
4. If blood pressure readings are consistently over 160/100, check for pedal edema and then notify the physician of the findings

III. MANAGEMENT PLAN:

- A. Monitor blood pressure as requested by physician. Report levels above his/her referral level.
- B. Written orders are to be obtained and renewed annually on ODH Form No. 303M.
- C. Client Education: Counsel client and document counseling on:
  - 1. Importance of taking prescribed medication as ordered.
  - 2. Importance of following any dietary restrictions ordered by the physician.
  - 3. Importance of following any exercise instructions from the physician.
  - 4. Importance of smoking cessation. If person smokes, refer to the Oklahoma Tobacco Helpline at 1-800-QUITNOW or 1-800-784-8669.
  - 5. Possible consequences of failure to follow his/her instructions.
  - 6. Refer persons who have difficulty controlling their blood pressure due to lack of financial resources to purchase medications to the following websites for assistance: <http://www.pparx.org/> and [www.needymeds.com](http://www.needymeds.com).
  - 7. Refer persons who have difficulty with financial resources to a Community Health Center in your area. **See listing at the end of this section.**
- D. Consultation/Referral:
  - 1. If client does not return to physician as referred, request physician to discontinue order for Health Department monitoring.
  - 2. Refer to nutritionist as indicated.
- E. Follow-up:

Determine tracking priority utilizing professional judgment.

REFERENCES:

Roger VL, Go AS, Lloyd-Jones DM, et al. Heart disease and stroke statistics—2012 update: a report from the American Heart Association. *Circulation*. 2012;125:e2-e220.

The Seventh Report of the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure. The National High Blood Pressure Education Program, National Heart, Lung, and Blood Institute, National Institutes of Health, U.S. Department of Health and Human Services, 2003.

Rosendorff C, Black HR, Cannon CP, et al. Treatment of hypertension in the prevention and management of ischemic heart disease: a scientific statement from the American Heart Association Council for High Blood Pressure Research and the Councils on Clinical Cardiology and Epidemiology and Prevention. *Circulation*. 2007;115:2761-2788.

## Community Health Centers June 2013

### Oklahoma City Locations

#### **Mary Mahoney Memorial Health Center**

##### **Primary Site**

12716 NE 36th Street  
Spencer 73084  
Phone: (405) 769-3301  
Fax: (405) 769-9685  
Website: <http://www.choiokc.org>

##### **Secondary Sites**

Healing Hands Health Services for the Homeless

411 NW 11th Street  
Oklahoma City 73103  
Phone: (405) 272-0476  
Fax: (405) 272-0730  
Website:  
<http://www.chciokc.org/healinghands.html>

Mary Mahoney Health Center at Langston  
300 Martin Luther King Street

Langston 73050  
Phone: (405) 466-2535  
Fax: (405) 466-2554  
Website:  
<http://www.chciokc.org/langston.html>

Perry A. Klaassen Family Medical Center

1901 Springlake Drive  
Oklahoma City 73111  
Phone: (405) 769-3301  
Fax: (405) 521-8496  
Website:  
<http://www.chciokc.org/klaassen.html>

Oklahoma Healthy Start Initiative

3017 North Martin Luther King Blvd.  
Oklahoma City 73111  
Phone: (405) 427-3200  
Website:  
<http://www.chciokc.org/healthystart.html>

Positive Parents

3017 North Martin Luther King Blvd.  
Oklahoma City 73111  
Phone: (405) 427-3224  
Website:  
<http://www.chciokc.org/positiveparents.html>

Dorothy M. Smith Family Medical Clinic

105 East Santa Fe  
Carney 74832  
Phone: (405) 769-3301 ext. 1238  
Fax: (405) 769-9685  
Website:  
<http://www.chciokc.org/carney1.html>

Positive Tomorrows Services for the Homeless

P.O. Box 61190  
Oklahoma City 73146  
Phone: (405) 556-5082  
Fax: (405) 556-5085  
Website:  
<http://www.positivetomorrows.org/>

City Rescue Mission Services for the Homeless

800 West California Avenue  
Oklahoma City 73106  
Phone: (405) 232-2709  
Website: <http://cityrescue.org/>

Salvation Army Services for the Homeless

516 South Hudson  
Oklahoma City 73109  
Phone: (405) 246-1100  
Website: <http://salvationarmyokcac.org/>

Jordan's Crossing Services for the Homeless

301 West I-240 Service Road  
Oklahoma City 73139  
Phone: (405) 604-9644 x101  
Website: <http://jordanscrossinginc.org>

#### **Oklahoma Community Health Services, Inc. dba Variety Care Family Health**

##### **Primary Site**

1025 Straka Terrace  
Oklahoma City 73139  
Phone: (405) 632-6688  
Fax: (405) 602-5621  
Website: <http://varietycare.org/>

##### **Secondary Sites**

10th Street  
4023 NW 10th Street  
Oklahoma City 73107  
Phone: (405) 632-6688  
Website:  
<http://www.varietycare.org/10th-street>

Mid-Del

3851 Tinker Diagonal  
Del City 73115  
Phone: (405) 632-6688  
Website: <http://www.varietycare.org/mid-del>

Mid-Del

3851 Tinker Diagonal  
Del City 73115  
Phone: (405) 632-6688  
Website: <http://www.varietycare.org/mid-del>

Reaching Our City (ROC)

Church of the Nazarene  
7710 NW 10th Street  
Oklahoma City 73127  
Phone: (405) 632-6688  
Website: <http://www.varietycare.org/r>

Fort Cobb

307 Main Street  
Fort Cobb 73038  
Phone: (866) 388-6688  
Website:  
<http://www.varietycare.org/fort-cobb>

Tipton

211 East Baseline Road  
Tipton 73570  
Phone: (866) 388-6688  
Website: <http://www.varietycare.org/tipton>

Big Pasture

203 2nd Street  
Grandfield 73546  
Phone: (866) 388-6688  
Website:  
<http://www.varietycare.org/big-pasture>

LaFayette

500 SW 44th Street  
Oklahoma City 73109  
Phone: (405) 632-6688  
WIC Phone: (405) 232-0616  
Website:  
<http://www.varietycare.org/lafayette>

Norman – Family Practice

317 East Himes  
Norman 73069  
Phone: (405) 632-6688  
Website:  
<http://varietycare.org/locations/norman-family-practice>

Norman - Pediatrics

1124 North Porter Avenue  
Norman 73069  
Phone: (405) 632-6688  
Website:  
<http://varietycare.org/locations/norman-pediatrics>

### **Tulsa Area Locations**

#### **Morton Comprehensive Health Services**

##### **Primary Site**

1334 North Lansing Avenue  
Tulsa 74106  
Phone: (918) 587-2171  
Fax: (918) 587-8175  
Website: <http://www.mortonhealth.org>

##### **Secondary Sites**

Midtown Healthcare for the Homeless Clinic  
102 North Denver, Suite B  
Tulsa 74103  
Phone: (918) 295-6942  
Website: <http://www.mortonhealth.org>

Morton at Family and Children's Services

Integrated Health Center  
2325 South Harvard Avenue  
Tulsa 74114  
Phone: (918) 712-4301  
Website: <http://www.mortonhealth.org>

Morton at Cornerstone Community Center  
4122 West 55th Place South  
Tulsa 74107  
Phone: (918) 587-2171  
Website: <http://www.mortonhealth.org>

East Tulsa Family Health Center  
11511 East 21st Street  
Tulsa 74129  
Phone: (918) 295-6185  
Website: <http://www.mortonhealth.org>

Nowata Family Health Center  
207 South Locust Street  
Nowata 74078  
Phone: (918) 273-9911  
Website: <http://www.mortonhealth.org>

Morton Comprehensive Health Center –  
Bartlesville  
4140 SE Adams Road, Suite 104  
Bartlesville 74006

**Community Health Connection, Inc.**  
**Primary Site**  
9912 East 21st Street  
Tulsa 74129  
Phone: (918) 622-0641  
Website:  
<http://www.communityhealthconnection.org>

**Secondary Site**  
2321 East 3rd Street  
Tulsa 74104  
Phone: (918) 622-0641  
Website:  
<http://www.communityhealthconnection.org>

## Other Oklahoma FQHC Locations

**Arkansas Verdigris Valley Health  
Centers, Inc.**  
**Primary Site**  
505 South Main  
Porter 74454  
Phone: (918) 483-0111 – Health Clinic  
Phone: (918) 483-0012 – Dental  
Fax: (918) 483-4174  
Website: <http://porterhealthclinic.com>

**Secondary Site**  
619 North Main Street, Building D  
Muskogee 74401  
Phone: (918) 682-0222  
Website: <http://porterhealthclinic.com>

**Caring Hands Healthcare Centers, Inc.**  
**Primary Site**  
1558 South Main Street  
McAlester 74501  
Phone: (918) 426-0900  
Fax: (918) 426-0050

**Secondary Site**  
511 Lehigh Avenue  
Hartshorne 74547  
Phone: (918) 297-2403  
Fax: (918) 297-2436

**Central Oklahoma Family Medical  
Center, Inc.**  
527 West 3rd Street  
Konawa 74849  
Phone: (580) 925-3266  
Fax: (580) 925-2362  
Website:  
[http://konawa.k12.ok.us/community/medical\\_center/medical\\_center.html](http://konawa.k12.ok.us/community/medical_center/medical_center.html)

**East Central Oklahoma Family Health  
Center, Inc.**  
**Primary Site**  
401 South Washita  
Wetumka 74883  
Phone: (405) 452-5400  
Fax: (405) 452-3000  
Website: <http://www.ecofhc.com>  
**Secondary Site**  
1102 West Main Street  
Henryetta 74437  
Phone: (918) 652-9614

**Fairfax Medical Facilities, Inc.**  
**Primary Site**  
Robert Clark Family Health Center  
212 North Main Street  
Fairfax 74637  
Phone: (918) 642-3100  
Fax: (918) 642-5415  
Website: <http://www.fairfaxclinic.com>

**Secondary Sites**  
Cleveland Behavioral Health  
100 South Hickerson Drive  
Cleveland 74020  
Phone: (918) 642-3515  
Fax: (918) 642-3519  
Website: <http://www.fairfaxclinic.com>

Hominy Family Health Center  
119 West Main Street  
Hominy 74035  
Phone: (918) 885-4640  
Fax: (918) 885-4644  
Website: <http://www.fairfaxclinic.com>

Newkirk Family Health Center  
716 South Highway 77  
Newkirk 74647  
Phone: (580) 362-2555  
Fax: (580) 362-2948  
Website: <http://www.fairfaxclinic.com>

Trinity Medical Offices  
215 North 3rd Street  
Ponca City 74601  
Phone: (580) 767-1777  
Fax: (580) 762-2917  
Website: <http://www.fairfaxclinic.com>

**Family Health Services of Southern  
Oklahoma**  
**Primary Site**  
610 East 24th Street  
Tishomingo 73460  
Phone: (580) 371-2343  
Fax: (580) 371-2451  
Website: <http://www.fhcso.org/>

**Secondary Site**  
107 East Post Avenue  
Coalgate 74538  
Phone: (580) 927-2828  
Fax: (580) 927-9876  
Website: <http://www.fhcso.org/>

**Great Salt Plains Health Center**  
**Primary Site**  
405 South Ohio  
Cherokee 73728  
Phone: (580) 596-2800  
Fax: (580) 596-2805  
Website: <http://www.gsphealth.org>

**Secondary Site**  
619 North Front Street  
Medford 73759  
Phone: (580) 395-3200  
Fax: (580) 596-2805  
Website: <http://www.gsphealth.org>

**Northeastern Oklahoma Community  
Health Centers, Inc.**  
**Primary Site**  
Hulbert Health Center  
124 East Main Street  
Hulbert 74441  
Phone: (918) 772-2879  
Fax: (918) 772-1233  
Website: <http://www.neohealth.org/>

NeoHealth Hulbert Pharmacy  
131 East Main Street  
Hulbert 74441  
Phone: (918) 772-2727  
Fax: (918) 772-6131  
Website: <http://www.neohealth.org/>

**Secondary Sites**  
NeoHealth Muskogee  
1328 South York Street  
Muskogee 74403  
Phone: (918) 683-0470  
Fax: (918) 683-0475  
Website: <http://www.neohealth.org/>

NeoHealth Tahlequah Health Center  
1500 East Downing Street, Suite 214  
Tahlequah 74464  
Phone: (918) 431-0202  
Fax: (918) 431-0203  
Website: <http://www.neohealth.org/>

NeoHealth OB/GYN Associates  
1500 East Downing Street, Suite 208  
Tahlequah 74464  
Phone: (918) 456-2496  
Fax: (918) 456/7108  
Website: <http://www.neohealth.org/>

NeoHealth Westville Family Medical Center  
605 West Buffington Road  
Westville 74965  
Phone: (918) 723-3997  
Fax: (918) 723-3889  
Website: <http://www.neohealth.org/>

**Pushmataha Family Medical Center,  
Inc.**  
109 Stanley Road  
Clayton 74536  
Phone: (918) 569-4143  
Website: <http://www.pfmcok.com>

**Kiamichi Family Medical Center, Inc.**  
**Primary Site**  
500 Main Street  
Battiest 74722  
Phone: (580) 241-5294  
Website: <http://www.kiamichimed.org>

**Secondary Site**

601 East Washington Street  
Idabel 74745  
Phone: (580) 286-6688  
Fax: (580) 286-6699  
Website: <http://www.kiamichimed.org>

**Shortgrass Community Health Center, Inc.**

400 East Sycamore Street  
Hollis 73550  
Phone: (580) 688-2800  
Fax: (580) 688-2193

**South Central Medical & Resource Center, Inc.**

216 South Main Street  
Lindsay 73052  
Phone: (405) 756-1414  
Fax: (405) 756-1162  
Website: <http://www.okscmrc.org>

**Health and Wellness Center, Inc. Primary Site**

1505 East Main Street, Suite A  
Stigler 74462  
Phone: (918) 967-3368  
Fax: (918) 967-3351  
Website: <http://www.thwcinc.com>

Hoover Drug  
107 West Main Street  
Stigler 74462  
Phone: (918) 967-8321  
Fax: (918) 967-4469  
Website: <http://www.thwcinc.com>

**Secondary Sites**

Poteau  
204 Wall Street, Suite A  
Poteau 74953  
Phone: (918) 647-2155  
Fax: (918) 647-4095  
Website: <http://www.thwcinc.com>

Checotah  
212 West Spaulding  
Checotah 74426  
Phone: (918) 473-0048  
Fax: (918) 473-4547  
Website: <http://www.thwcinc.com>

Checotah  
212 West Spaulding  
Checotah 74426  
Phone: (918) 473-0048  
Fax: (918) 473-4547  
Website: <http://www.thwcinc.com>

Sallisaw  
1630 South Kerr Blvd.  
Sallisaw 74955  
Phone: (918) 790-2653  
Fax: (918) 790-2657  
Website: <http://www.thwcinc.com>

