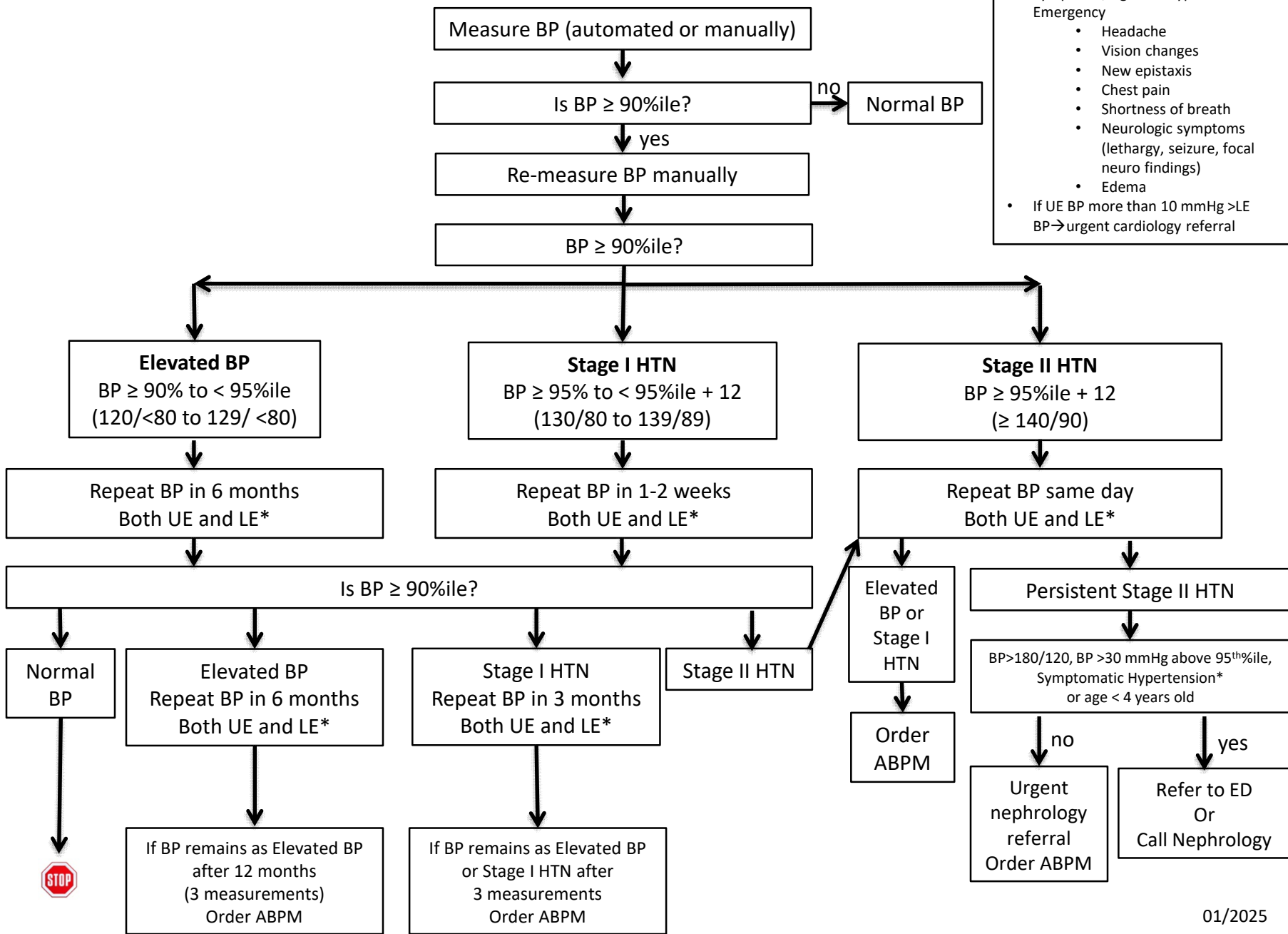


RCHN Elevated BP and Hypertension Guideline

Ambulatory Blood Pressure Monitor (ABPM) management algorithm on reverse

- *Red Flags:**
- Symptoms/Signs of Hypertensive Emergency
 - Headache
 - Vision changes
 - New epistaxis
 - Chest pain
 - Shortness of breath
 - Neurologic symptoms (lethargy, seizure, focal neuro findings)
 - Edema
 - If UE BP more than 10 mmHg >LE BP → urgent cardiology referral



RCHN Elevated BP and Hypertension Guideline

For children age 6 years and older

Order ABPM associated with:

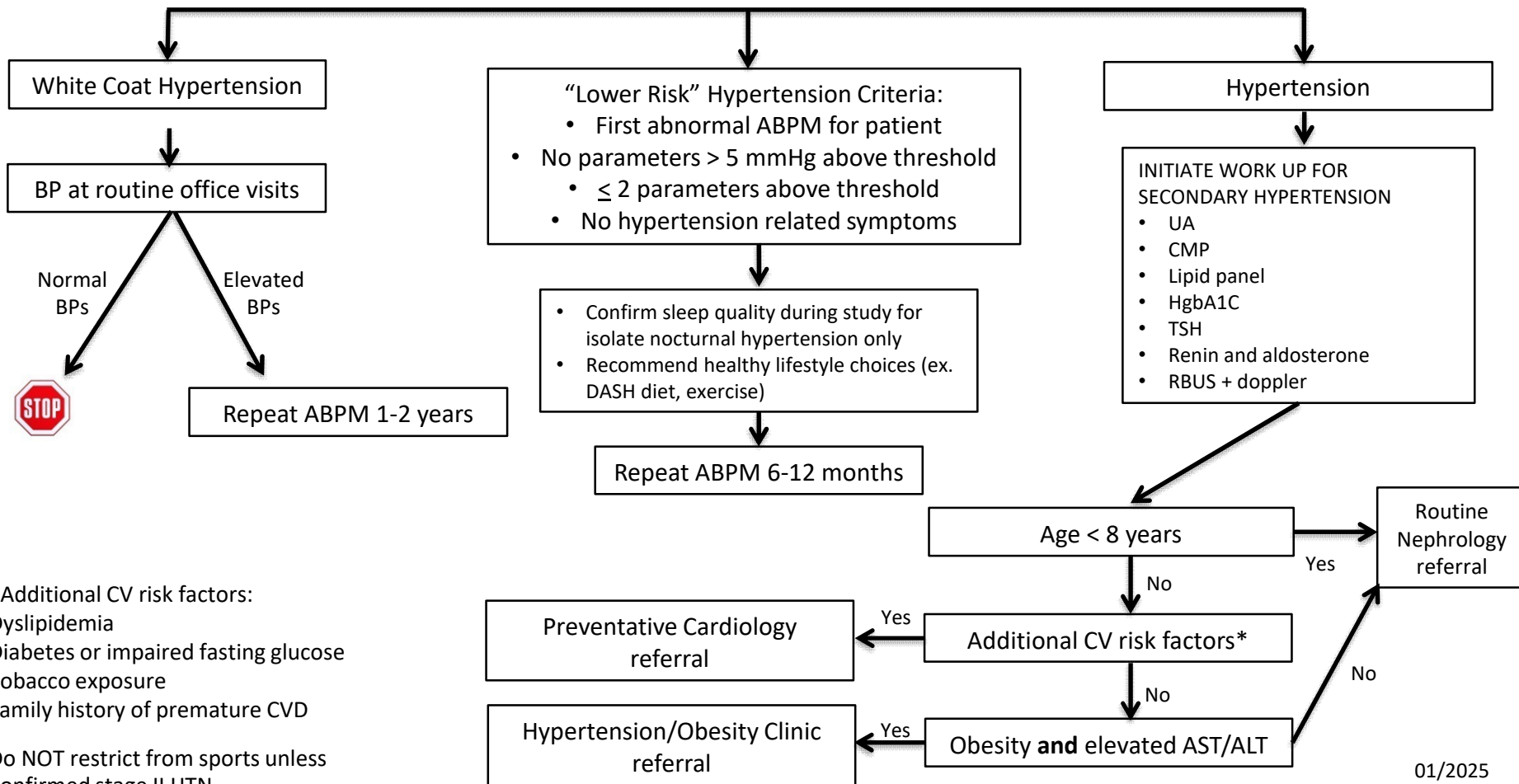
Elevated blood pressure without a diagnosis of hypertension or white coat hypertension R 03.0

For children <6 years old refer directly to nephrology

ABPM scheduled through nephrology at Rady Main Campus (858-966-8052)

Refer to video for family education <https://vimeo.com/378675619> (can only be linked through RCHSD intranet)

If questions about results, please contact reading nephrologist through EPIC or call office



*Additional CV risk factors:
Dyslipidemia
Diabetes or impaired fasting glucose
Tobacco exposure
Family history of premature CVD

Do NOT restrict from sports unless confirmed stage II HTN