

Elevated blood pressure is classified as systolic pressure between 120 and 129 mm Hg, AND a diastolic pressure less than 80 mm Hg.

Diastolic Less than 80

Dice Less-than 80

A patient's blood pressure is considered elevated when their systolic pressure is between 120 and 129 mm Hg, AND a diastolic pressure less than 80 mm Hg.

Stage 1 Hypertension

Hiker-BP with (1) Wand

Clinical hypertension is broken down into two stages; Stage 1 and Stage 2. Patients diagnosed with Stage 1 hypertension can often be treated with a single agent, such as a thiazide diuretic, calcium channel blocker, ACE inhibitor, or ARB.

Systolic +10 (130-139)

Heart-squeeze plus (10) Tin

Patients with Stage 1 hypertension have either a systolic pressure from 130 mm Hg to 139 mm Hg, OR diastolic pressure between 80 and 89 mm Hg.

Diastolic +10 (80-89)

Dice plus (10) Tin

Patients with Stage 1 hypertension have either a systolic pressure from 130 mm Hg to 139 mm Hg, OR diastolic pressure between 80 and 89 mm Hg.

Stage 2 Hypertension

Hiker-BP with (2) Tutu

Clinical hypertension is broken down into two stages; Stage 1 and Stage 2. Patients diagnosed with Stage 2 hypertension often require treatment with two or more agents, such as a thiazide diuretic, calcium channel blocker, ACE inhibitor, or ARB.

Systolic +40 (140-179)

Heart-squeeze plus (40) oz

Patients with Stage 2 hypertension have a systolic pressure between 140 mm Hg and 179 mmHg, OR a diastolic pressure between 90 and 119 mm Hg.

Diastolic +30 (90-119)

Dice plus (30) Dirty-bum

Patients with Stage 2 hypertension have a systolic pressure between 140 mm Hg and 179 mmHg, OR a diastolic pressure between 90 and 119 mm Hg.

Hypertensive Crisis

Hiker-BP Crying-crisis

Patients with a systolic blood pressure greater than or equal to 180 mm Hg AND/OR diastolic blood pressure greater than or equal to 120 mm Hg are considered to have hypertensive urgency if they are asymptomatic, or hypertensive emergency if they are symptomatic and have signs of end-organ damage. These patients require treatment with PO or IV medications, such as nitrates, calcium channel blockers, and beta-blockers.

Systolic greater than or equal to 180

Heart-squeeze Greater than or Equal to 180

Patients with a systolic blood pressure greater than or equal to 180 mm Hg AND/OR a diastolic greater than or equal to 120 mm Hg are considered to have hypertensive urgency if they are asymptomatic, or hypertensive emergency if they are symptomatic and have signs of end-organ damage.

Diastolic greater than or equal to 120

Dice Greater than or Equal to 120

Patients with a systolic blood pressure greater than or equal to 180 mm Hg AND/OR a diastolic greater than or equal to 120 mm Hg are considered to have hypertensive urgency if they are asymptomatic, or hypertensive emergency if they are symptomatic and have signs of end-organ damage.