Blood Pressure (BP) Management Algorithm

Measure BP and Height and Calculate BMI

Determine BP category for gender, age, and height*

- Stage 2 Hypertension*
  - Diagnostic Workup Include Evaluation for Target-Organ Damage*
    - Secondary Hypertension or Primary Hypertension
      - Normal BMI
        - Drug Rx
      - Overweight
        - Weight Reduction and Drug Rx
  - Consider Referral To provider with expertise in pediatric hypertension

- Stage 1 Hypertension*
  - Diagnostic Workup Include Evaluation for Target-Organ Damage*
    - Secondary Hypertension
      - Normal BMI
        - Drug Rx
      - Overweight
        - Weight Reduction and Drug Rx
    - Primary Hypertension
      - ≥95% or 120/80 mmHg
        - Repeat BP Over 3 visits
      - <95%
        - Therapeutic Lifestyle Changes†

- Prehypertensive*
  - Repeat BP In 6 months
  - ≥95%
    - Therapeutic Lifestyle Changes†
  - 90% - <95% or 120/80 mmHg
    - Consider Diagnostic Workup Include Evaluation for Target-Organ Damage*
      - Normal BMI
        - Monitor Q 6 Mo
      - Overweight
        - Weight Reduction

- Normotensive*
  - Educate on Heart Healthy Lifestyle† For the family

Therapeutic Lifestyle Changes†
- Rx Specific for Cause
- Therapeutic Lifestyle Changes†

Drug Rx§
Weight Reduction

Weight Reduction

Legend

= Start
= Action/Process
= Stop

Fig. 1. Management algorithm. Rx indicates prescription; Q, every. * See Tables 3, 4, and 5; †, diet modification and physical activity; ‡, especially if younger, very high BP, little or no family history, diabetic, or other risk factors.