

CHAP+AP Session Recommendation Protocol

Community Name: _____

Systolic (mm Hg)	Diastolic (mm Hg)	Definition (NOT DIAGNOSIS)	Required Recommendation(s) / Action(s)	Additional Recommendations
<90	<60	<i>Low</i>	If symptoms present (e.g. dizziness): - Nurse alerted → assessment + follow-up - Session Pharmacist may be alerted and a MedsCheck appointment - Consider booking a consultation or MedsCheck appointment with Regular or Session Pharmacist	- Review educational materials and consider following-up with CHAP+AP session referrals and suggested community resources - Discuss with Family Physician at next visit - Consider booking a consultation or MedsCheck appointment with Regular or Session Pharmacist
90-129	60-79	<i>Normal</i>	- Option to return for another CHAP+AP session to discuss modifiable risk factors with Peer Health Mentor	
130-139	80-89	<i>High Normal</i>	If diabetes or other cardiovascular risk factors present: - Attend another CHAP+AP session for reassessment and discussion with Peer Health Mentor ----- If BP >130/80 on re-assessment: - Make appointment with Family Physician	
140+	90+	Hypertensive range	– Lifestyle modification and/or antihypertensive medication may be needed	
140-159	90-99	<i>Stage 1 – mild</i>	- Attend another CHAP+AP session for reassessment and discussion with Peer Health Mentor ----- If BP >140/90 on re-assessment: - Make appointment with Family Physician	
160-179	100-109	<i>Stage 2 – moderate</i>	- Data form faxed to Family Physician TODAY - Attend another CHAP+AP session for reassessment and discussion with Peer Health Mentor - See Regular Pharmacist (may be Session Pharmacist); a consultation or MedsCheck appointment may be booked ----- If BP > 160/100 on re-assessment: - Make appointment with Family Physician	
180-209	110-119	<i>Stage 3 – severe</i>	- Nurse alerted → assessment + follow-up - Nurse to CALL Family Physician today to ensure patient is followed-up - Data form faxed to Family Physician TODAY - Session Pharmacist may be alerted; a consultation or MedsCheck appointment may be booked with Regular Pharmacist - See Family Physician as soon as possible - Attend another CHAP+AP session for reassessment and discussion with Peer Health Mentor	
210+	120+	<i>Stage 4 – very severe</i>	- Nurse alerted → assessment + follow-up - Nurse to CALL Family Physician immediately for urgent appointment; if FP not available, send to Emergency - Data form faxed to Family Physician TODAY; - Session Pharmacist may be alerted; a consultation or MedsCheck appointment may be booked with Regular Pharmacist	

<p>BP READING AT SESSION</p> <p>NOTE: If systolic and diastolic pressures fall in different ranges, the <u>higher</u> range is used; e.g. 165 / 90 mm Hg = Stage 2.</p>	<p>FOLLOW-UP RECOMMENDATION</p> <p>NOTE: A Peer Health Mentor typically discusses follow-up recommendation with participant, unless involvement of Nurse and/or Pharmacist is indicated, or participant has additional questions/concerns.</p> <p>The on-call Community Nurse or Session Pharmacist may be contacted at any time by the Peer Health Mentor with questions/concerns relating to any participant.</p> <p>Participants will receive targeted health education materials / information about local resources / appropriate referrals.</p>
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Rationale for CHAP+AP Session Recommendations

Recommendation / Action	Rationale
CHAP+AP Session	
<ul style="list-style-type: none"> - Attend another CHAP+AP session for reassessment and discussion with Peer Health Mentor 	<ul style="list-style-type: none"> - Blood pressure fluctuates naturally - Multiple blood pressure readings using an accurate device provide more complete and accurate information for your doctor - Volunteer Peer Health Mentors can provide support with modifiable risk factors by reviewing your CHAP+AP risk profile recording form and Heart and Stroke Blood Pressure Action Plan™, discussing priorities and strategies for addressing risk factors and providing helpful resources/referrals
Appointment with Family Physician	
<ul style="list-style-type: none"> - Make appointment with Family Physician 	<ul style="list-style-type: none"> - Your doctor knows your health history and can diagnose high blood pressure or make changes to keep your blood pressure under control - High blood pressure is often diagnosed over several visits, and is monitored regularly by your family doctor
<ul style="list-style-type: none"> - See Family Physician <u>as soon as possible</u> 	<ul style="list-style-type: none"> - When blood pressure is very elevated, you may be at risk of serious health problems; your doctor will need to diagnose high blood pressure and/or make changes to keep your blood pressure under control
Pharmacist and MedsCheck Appointment	
<ul style="list-style-type: none"> - See Regular Pharmacist (may be Session Pharmacist) and a MedsCheck appointment may be booked 	<ul style="list-style-type: none"> - Your regular pharmacist is aware of your prescriptions and can identify drug-related problems that can contribute to hypertension - Your pharmacist can also help with questions about side effects and taking your antihypertensive medication(s) regularly - The MedsCheck appointment is an annual 30 minute discussion with your pharmacist about how your medications may be affecting each other <ul style="list-style-type: none"> ▪ Participants who are currently taking three or more prescriptions are eligible ▪ For more information call the INFOline 1-866-255-6701 or TTY 1-800-387-5559
<ul style="list-style-type: none"> - Session Pharmacist may be alerted and a MedsCheck appointment may be booked 	<ul style="list-style-type: none"> - The session pharmacist can provide <u>on-site</u> assessment of potential drug-related problems that can contribute to hypertension
Nurse	
<ul style="list-style-type: none"> - Nurse alerted → assessment + follow-up 	<ul style="list-style-type: none"> - The program nurse will do a brief on-site health assessment and blood pressure measurement, to confirm elevated blood pressure and determine necessary care - Depending on results, the nurse may call your doctor right away or later today to ensure follow-up - If you require urgent care and your doctor is not available, you will be sent to Emergency
Risk Profile Data Form	
<ul style="list-style-type: none"> - Data form faxed to Family Physician TODAY 	<ul style="list-style-type: none"> - The CHAP+AP data form provides your doctor with new information that can be used in managing your blood pressure at your next visit or right away