

Starting a Worksite Blood Pressure Monitoring Program

1. Materials needed to create a blood pressure monitoring kit:
 - a) Blood pressure (BP) monitor(s) and cuffs (large and small if available)
 - b) A sturdy, lockable, portable container with room for both the equipment (blood pressure cuffs and monitors) and educational information
 - c) Hanging folders
 - d) Batteries for the monitors, including back-ups
 - e) Tally sheets for employees to tally their use
 - f) Pens
 - g) BP record tracking cards
 - h) Educational materials on nutrition including MyPlate and the DASH Diet, physical activity, tobacco-free living, etc., relating to the control of high blood pressure. **Resources included as Appendix 1.** The DHSS Worksite Wellness Committee also has resources which can be sent electronically. Contact worksitewellness@health.mo.gov for more information.
 - i) Information on what the numbers mean (Systolic/Diastolic) and what category they fall (Normal, Pre-Hypertension, Stage 1, Stage 2, etc). **Included as Appendix 2.**
 - j) Instructions for using the monitor to be displayed when the kit is available to employees. **Included as Appendix 3.**
2. Decide where to place the BP kit, such as an employee break room or other high-traffic area.
3. Identify staff responsible for putting out and picking up the kit at the time it is to be available.
4. Send an email to all employees informing them of the program and availability of the kit (when and where). Regular reminder emails will help prompt employees to use the kit. **Sample emails included as Appendix 4.**
5. Laminate and post a sign at the entrance of the area in which the kit will be available, such as right outside a break room to remind employees that the kit is available. **Included as Appendix 5.**
6. On the first day, have designated employees available to help with the monitors, answer questions, go over materials, etc.
7. Collect the tally sheets at least quarterly to monitor usage. Determine if additional promotion of the program is needed.

Appendices

Appendix 1

Websites for Resources

- <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>
- <http://www.choosemyplate.gov/print-materials-ordering.html>
- <http://health.mo.gov/living/wellness/tobacco/smokingandtobacco/pdf/QuitlineFactSheet2.pdf>
- http://www.google.com/url?q=http://dsi.com/c/document_library/get_file%3Fuuid%3D5ec4c602-b227-4ba3-9c3b-85a72f6b9eb9%26groupId%3D12065&sa=U&ei=Vi3FTuG5J6eLsgLdy_ivCw&ved=0CB8QFjAE&usg=AFQjCNHcgl3Zt5qAsVEe0iAA76cTG0Pm-w
- http://www.google.com/url?q=http://collegeofsanmateo.edu/athletictraining/docs/educationalinformation/highbloodpressure.doc&sa=U&ei=5y_FTtHpOPGmsAK5vLi5Cw&ved=0CCEQFjAF&usg=AFQjCNHkaqIZSQDWM3ihLAGLCoqB4ZXwmw
- <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- <http://www.cdc.gov/bloodpressure/>
- http://www.google.com/url?q=http://www.nhlbi.nih.gov/health/public/heart/obesity/phy_active_brief.pdf&sa=U&ei=zTFTo-MBegesQKA15ykCw&ved=0CBsQFjAB&usg=AFQjCNEYIQbab39-O9e7JVWUhwEGNtR7CA
- <http://www.google.com/url?q=http://www.health.gov/paguidelines/pdf/fedr esources.pdf&sa=U&ei=iDjFTsnMDue-2gXYsbjmDg&ved=0CBUQFjAA&usg=AFQjCNGoq15rpeHXtzzOLviw--5C98yLbA>
- <http://www.health.gov/paguidelines/pdf/adultguide.pdf>

Appendix 2

Blood Pressure Categories

(As defined by the American Heart Association)

Top Number (Systolic)	Bottom Number (Diastolic)	Category
Below 120	Below 80	Normal
120-139	80-89	Pre-hypertension
140-159	90-99	Stage 1 Hypertension
160 or more	100 or more	Stage 2 Hypertension
180 or more*	110 or more*	Alert Value*

*** If you get a reading of 180 or above for Systolic OR 110 or above for Diastolic, please take another reading. If the readings are the same or higher, please contact your physician IMMEDIATELY OR CALL 9-1-1.**

High blood pressure usually causes no symptoms and is often called “the silent killer.” People who have high blood pressure usually do not know it until they have it measured. Sometimes people with markedly elevated blood pressure may develop the following physical symptoms:

- Headaches
- Dizziness
- Nausea/Vomiting
- Drowsiness
- **Blurred/Loss of Vision***
- **Chest Pain/Shortness of Breath***

If you experience the symptoms above, please contact your physician. ***If you experience these symptoms, please seek immediate medical care.**

For more information regarding the Blood Pressure Monitoring Kit, please contact the Worksite Wellness Committee at 522-2820 or at worksitewellness@health.mo.gov.

Appendix 3

Instructions for Use of Blood Pressure Monitor

- 1. We are trying to measure how many people are using the kit.
Please place a tally on the Blood Pressure Monitoring Kit page that you are taking your blood pressure.**
- 2. Make sure the arm cuff is plugged into the main unit.**
- 3. Place cuff directly on bare skin of upper left arm, with the cuff edge about ½ inch above elbow.**
- 4. Align cuff so the blue arrow is centered on the inside of your arm.
Make sure the tubing is pointing down toward your hand. Close cuff snugly, but not too tight.**
- 5. To take a measurement, rest left arm on table, press the START/STOP button one time. The cuff will inflate automatically.**
- 6. Hold still until the cuff deflates and the results are displayed. The top number is the systolic number, the bottom is the diastolic. The other number displayed is your pulse rate. Then record your measurement on tracker card.**

Tips to Remember

- To get more accurate readings, sit quietly with feet flat on the floor and rest for five (5) minutes before taking measurements.**
- Do not measure within 30 minutes after eating, exercising, or smoking.**
- Please feel free to look at the information provided and take any that you feel will benefit your health.**

Appendix 4

Reminder... It's Blood Pressure Wednesday!



Take charge of your health.

Blood pressure monitoring kits are available in the following locations:

- 912 – 3rd floor break room (also available on Mondays on the 1st floor break room)
- 920 – Main break room
- 930 – Sycamore break room
- Knipp – Engineer's area in Suite F
- State Health Lab – Employee break room

Did you know?! Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure and is often referred to as the “silent killer.”

Remember to take advantage of the many resources available in each kit!

Appendix 4b

Reminder... Blood Pressure Wednesdays Every Wednesday



Take charge of your health.

Blood pressure monitoring kits are available in the following locations:

912 – 3rd floor break room (also available on Mondays in the 1st floor break room)

920 – Main break room

930 – Sycamore break room

Knipp – Engineer's area in suite F

State Health Lab – Employee break room

Did you know?! High blood pressure is the number one risk factor for heart failure.

Remember to take advantage of the many resources available in each kit!

What are your numbers?



Check your blood pressure here today!