

Supplemental materials for

Blair T, Lawson M, Porter H. Blood pressure screening in the dental office. *Ann Fam Med*. 2017;15(3):xxx-xxx.

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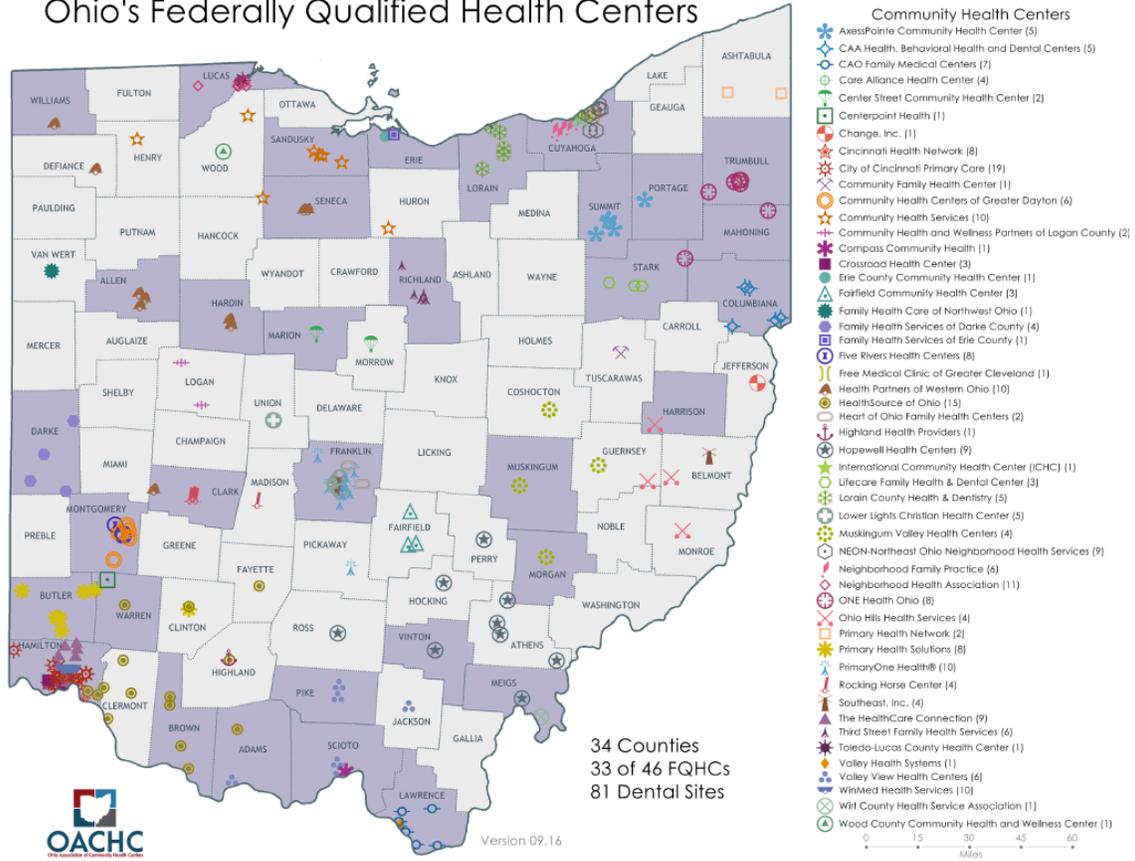
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Supplemental Appendix 1.

Ohio's Federally Qualified Health Centers



**YOUR HEALTH CENTER NAME**  
**DENTAL DEPARTMENT**

**BLOOD PRESSURE MONITORING**

**POLICY**

It is the policy of the [REDACTED] health center dental department to monitor a patient's blood pressure. Blood pressure monitoring is an important part of overall physical evaluation of the patient by the dental provider. Type and baseline frequency of monitoring will be set forth. This policy applies to all dental personnel within the health center.

**PURPOSE**

Taking patients' blood pressure during dental examinations is critical to the patient's overall health. High blood pressure is a proven risk factor for cardiovascular disease, heart failure, stroke, and renal (kidney) disease. Many patients see a dentist more frequently than a physician, giving the dental team the responsibility to inform their patients of their blood pressure reading and how it may affect their overall health.

**PROCEDURE**

The procedure that is to be followed in the dental department for the monitoring of a patient's blood pressure.

1. All adult patients (18 years of age or older) will have their blood pressure taken and recorded into the Dental Treatment Record at the time of every visit.
2. All adult patients (18 years of age or older) should have their blood pressure taken and recorded immediately prior to the performance of an invasive procedure (biopsy, extraction, or other oral surgery).
3. Those patients with abnormal blood pressures will:
  - a. Be evaluated on an individual basis by their dental provider to determine if the planned procedure is to be performed or deferred.
  - b. Have their abnormal blood pressure confirmed by their dental provider who will then make an appropriate medical referral if the situation so warrants.
  - c. All abnormal blood pressures and the action taken will be documented in the patient's Dental Treatment Record.

## Recommendations:

### Systolic blood pressure

1. ***Less than or equal to 140 mm Hg***: No further action needed. Continue with planned dental procedure.
2. ***Between 141 and 179 mm Hg*** (diastolic less than 99 mm Hg): Confirm elevated blood pressure measurement, advise the patient of elevated blood pressure, refer patient to Primary Care Provider. Proceed with planned dental procedure.
3. ***Greater than or equal to 180 mm Hg*** (diastolic greater than 110 mm Hg): STOP. Confirm elevated blood pressure measurement, advise patient of elevated blood pressure, refer to Primary Care Provider for follow up within 24 hours or immediately if patient is symptomatic. No dental procedure should be performed.
4. ***Greater than or equal to 220 mm Hg***: Immediately contact medical provider

### Diastolic blood pressure

1. ***Less than or equal to 90 mm Hg***: No further action needed. Continue with planned dental procedure.
2. ***Between 91 and 109mm Hg***: Confirm elevated blood pressure measurement, advise the patient of elevated blood pressure, refer patient to Primary Care Provider. Proceed with planned dental procedure.
3. ***Greater than or equal to 110 mm Hg***: STOP. Confirm elevated blood pressure measurement, advise patient of elevated blood pressure, refer to Primary Care Provider for follow up within 24 hours or immediately if patient is symptomatic. No dental procedure should be performed.
4. ***Greater than 120 mm Hg***: Immediately contact medical provider



## GET YOUR BLOOD PRESSURE UNDER CONTROL

### Did you Know?

- High blood pressure affects almost 1/3 of all American adults.
- People with high blood pressure are 4 times more likely to have a stroke.
- People with high blood pressure are 3 times more likely to die from heart disease.

### Blood Pressure: Numbers & Meanings

<b>HEALTHY</b>		<b>NORMAL</b>
Systolic	Less than <b>120</b>	
	AND	
Diastolic	Less than <b>80</b>	
<b>HYPERTENSION</b>		<b>HIGH</b>
Systolic	Higher than <b>140</b>	
	OR	
Diastolic	Higher than <b>90</b>	
<b>HYPERTENSIVE CRISIS</b>		<b>EMERGENCY</b>
Systolic	Higher than <b>180</b>	
	OR	
Diastolic	Higher than <b>110</b>	

\*Systolic measures the amount of pressure that blood exerts on your blood vessels while your heart is beating.

\*Diastolic measures the pressure in your blood vessels in-between heart beats.

\*The table above shows healthy & unhealthy blood pressure ranges as recognized by the American Heart Association.

[www.americanheartassociation.org](http://www.americanheartassociation.org)

## 6 STEPS TO GET UNDER CONTROL

- 1** Get a blood pressure screening & see your doctor if it is high.
- 2** Keep a healthy weight & keep active.
- 3** Follow the instructions for your medicine & don't stop taking it without talking to your doctor.
- 4** Eat more fruits & vegetables and food with low salt.
- 5** Keep track of your blood pressure numbers & show them to your doctor.
- 6** Don't smoke. If you smoke, we can help you stop. Call 1-800-QUIT-NOW or visit [www.ohio.quitlogix.org](http://www.ohio.quitlogix.org).



**LET'S HELP STOP  
THE RISING NUMBERS OF  
HEART DISEASE & STROKE  
IN OHIO**

Heart disease & stroke are a leading cause of death. Many Ohioans are at risk of these problems and don't even know it.

**REMEMBER TO...**

- Eat Healthy
- Keep Active
- Get Your Blood Pressure Checked

**HEART  
HEALTHY  
OHIO**



*In partnership with Ohio Dental Association and funding assistance from the Ohio Dental Association Foundation.*

		SYSTOLIC PRESSURE		
		≤ 140	141 - 179	≥ 180
DIASTOLIC PRESSURE	≤ 90	No further action needed	Confirm Advise Refer Proceed	STOP
	91-109	Confirm Advise Refer Proceed	Confirm Advise Refer Proceed	STOP
	≥ 110	STOP	STOP	STOP

For Elective Dental Procedures
<p><b>CONFIRM</b> blood pressure.  <b>ADVISE</b> of blood pressure reading.  <b>REFER</b> to Primary Care Provider for follow up.  <b>PROCEED</b> with Dental Procedure.</p>
<p><b>STOP</b>  <b>CONFIRM</b> blood pressure.  <b>ADVISE</b> of blood pressure reading.  <b>REFER</b> to Primary Care Provider for follow up in 24 hours.  <b>NO DENTAL PROCEDURE SHOULD BE PERFORMED</b></p>
  