

# HYPERTENSIVE CRISIS GUIDE FOR NON-CLINICAL SITES



BLOOD PRESSURE CATEGORY	SYSTOLIC mmHg (upper number)		DIASTOLIC mmHg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Blood pressure greater than 180 and/or 120?

Wait 5 minutes and recheck BP.

BP continues to be elevated?



Call **911** even if no symptoms.

Do not make a medical judgement yourself. Call **911** to allow EMS to assess client.

Helpful information to give 911:

Client's first and last name  
Client's age or date of birth

Is client experiencing:

- Shortness of breath?
- Symptoms of stroke?
- Difficulty speaking?
- Numbness or weakness?
- Changes in vision?
- Chest Pain?
- Trouble walking?
- Back pain?
- Confusion?
- Severe headache?

## SYMPTOMS OF STROKE

**B**  
Balance



Sudden loss of balance?

**E**  
Eyes



Trouble seeing in one or both eyes?

**F**  
Face



Uneven looking face?

**A**  
Arms



One arm weak or numb?

**S**  
Speech



Speech slurred?  
Trouble speaking?  
Confusion?

**T**  
Time



Call 9-1-1 now!

Address:

Location of Building::

Phone number:



Courtesy of Kansas Department of Health and Environment.  
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This guide is an example. Consult your organization's leadership for best practice at your location.