

# 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
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	<b>HIGHER THAN 180</b>	<b>and/or</b>	<b>HIGHER THAN 120</b>

## 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?  | Chest Pain?      |
| Symptoms of stroke?   | Trouble walking? |
| Difficulty speaking?  | Back pain?       |
| Numbness or weakness? | Confusion?       |
| Changes in vision?    | 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.  
Revised by DPBH March 2023



This guide is an example. Consult your organization's leadership for best practice at your location.