



# Hypertension Action Plan

About 1 in 3 adults in the United States have Hypertension, or high blood pressure.<sup>1</sup> With proper drug therapy and lifestyle changes, you can effectively manage your hypertension.

**Directions:** Read through the entire tool before meeting with your doctor. Fill in as much information as you can. Then show it to your doctor and fill in the rest of the medical information together. Although it is **not** required, you and your doctor may choose to sign the tool to show that you both agree with the plan.

## Medication Management

List all of the medications you currently take. Your doctor can review this list and help you determine if any medication changes are needed.

Name	How much to take	When to take it	Reason for taking it

## Blood Pressure Monitoring

It is important to consistently check your blood pressure. The reading consists of two numbers—systolic pressure (the top number) and diastolic pressure (the bottom number). Systolic pressure refers to the pressure created when your heart beats while pumping blood. Diastolic pressure refers to the pressure created while your heart is at rest or in between beats.

**My blood pressure reading GOAL:** \_\_\_\_\_ Systolic / \_\_\_\_\_ Diastolic      **Date:** \_\_\_\_\_

Date/Time	Reading		Comments
	Blood Pressure	Heart Rate (Pulse)	
	/		
	/		
	/		
	/		
	/		

**Contact physician if either number exceeds:** \_\_\_\_\_ Systolic / \_\_\_\_\_ Diastolic

## Salt/Sodium Control

Salt contains sodium. It is important to read food labels and learn which foods are high in salt or sodium, because these can raise your blood pressure. Eat only small amounts of these foods. Consult with your doctor to learn how much sodium you should consume per day.

Below are three foods high in salt/sodium that I can reduce in my diet right now:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



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## Weight Reduction Planning

Small changes in your diet can make a big difference. When you eat less fat, you are likely to eat fewer calories. Losing five pounds can help lower your blood pressure.

Current weight: \_\_\_\_\_

My Weight...	In Three Months	In Six Months	In One Year
Date			
Weight			

Below are four things that I can begin to do right now to reduce my weight:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

## Exercise/Activity Planning

Exercising most days of the week for at least 30 minutes daily can help lower your blood pressure. If you prefer, you can break up a day's exercise into three 10-minute segments.

Below are three things that I can begin to do right now to increase my level of activity:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

## Smoking Status

The message to stop smoking is not a new one. However, quitting smoking may be the single most beneficial thing you can do to lower your blood pressure, as well as reduce your risk of heart disease and stroke.

I currently smoke \_\_\_\_\_ packs or \_\_\_\_\_ cigarettes per day

**GOAL:** Reduce to \_\_\_\_\_ packs or \_\_\_\_\_ cigarettes per day

**GOAL:** Quit by \_\_\_\_\_ (date)

My physician and I have discussed some steps that I can take today and in the future to lower my blood pressure. I understand why it is important to control my blood pressure, and I choose to take the steps necessary to control it.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Congratulations! You are on  
your way to improved health!**

### Reference

1. National Heart Lung and Blood Institute. Available at: [http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP\\_Whats.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_Whats.html). Accessed December 30, 2008.

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