## Normal Blood Pressure Chart

## Patient Information

Full Name: Sarah Smith
Date of Birth: 09 109 / 1980

Gender: F
Patient ID: $\qquad$
Contact Number: +000000000
Email Address: sarahsmith@email.com

Recommended patient parameters

| blood pressure <br> category | systolic <br> $\mathbf{m m ~ H g}$ | and/or | diastolic <br> $\mathbf{m m ~ H g}$ |
| :--- | :--- | :--- | :--- |
| NORMAL | less than 120 | and | less than 80 |
| ELEVATED | $120-129$ | and | less than 80 |
| HYPERTENSION <br> STAGE 1 | $130-139$ | or | $80-89$ |
| HYPERTENSION <br> STAGE 2 | 140 or higher | or | 90 or higher |
| HYPERTENSIVE <br> CRISIS | higher than 180 | and/or | higher than 120 |

## Patients Records:

| Date/Time | Systolic | Diastolic | Interpretation |
| :---: | :---: | :---: | :---: |
| $06 / 08 / 22$ | 128 | 63 | elevated |
| $8 / 11 / 22$ | 126 | 62 | elevated |
| $8 / 23 / 22$ | 123 | 62 | elevated |
| $9 / 10 / 22$ | 116 | 60 | elevated |

## Physician's Notes and Recommendations

- Sarah first presented with elevated blood pressure at yearly medical check up, measures were taken to lower this through diet and incorporating a regular walk daily.
- Continued to track levels in clinic, no immediate concern for at home daily testing. No family history of cardiovascular disease, non smoker.
- levels lowered to normal after nearly a month of adapted diet and exercise, encouraged to keep this up and blood pressure to be watched in the future. recommended follow up apt. 2 months time.

Physician's Signature: $\qquad$ Date: $\qquad$ / $\qquad$ / $\qquad$

