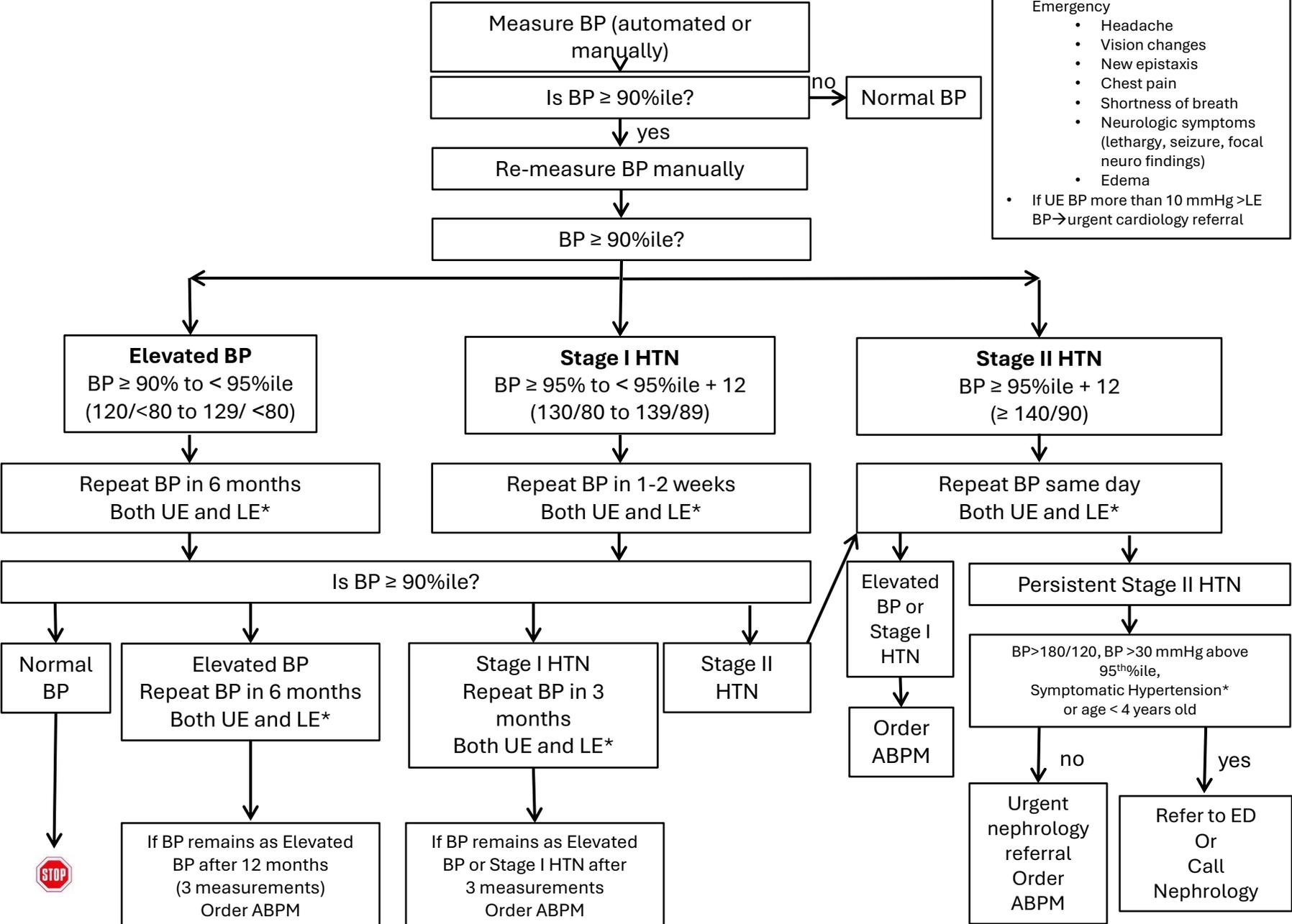


RCHN Elevated BP and Hypertension Guideline

Ambulatory Blood Pressure Monitor (ABPM) management algorithm on reverse

- *Red Flags:**
- Symptoms/Signs of Hypertensive Emergency
 - Headache
 - Vision changes
 - New epistaxis
 - Chest pain
 - Shortness of breath
 - Neurologic symptoms (lethargy, seizure, focal neuro findings)
 - Edema
 - If UE BP more than 10 mmHg >LE BP → urgent cardiology referral

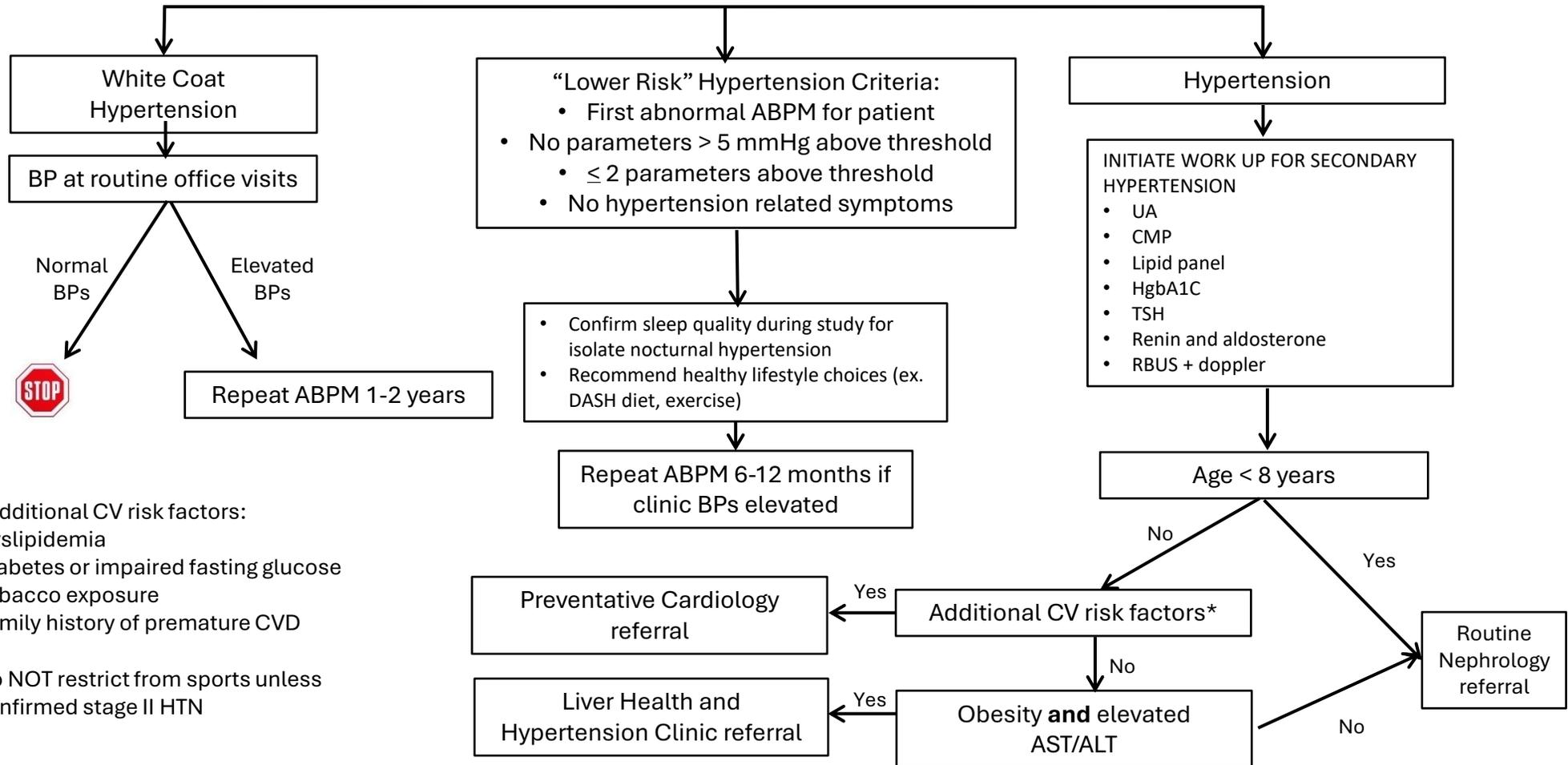


RCHN Elevated BP and Hypertension Guideline

03/2025

For children age 6 years and older
Order ABPM associated with:
 Elevated blood pressure without a diagnosis of hypertension or white coat hypertension R 03.0
 For children <6 years old refer directly to nephrology
 ABPM scheduled through nephrology at Rady Main Campus (858-966-8052)
 Refer to video for family education <https://vimeo.com/378675619> (can only be linked through RCHSD intranet)
 If questions about results, please contact reading nephrologist through EPIC or call office

ABPM Results



*Additional CV risk factors:
 Dyslipidemia
 Diabetes or impaired fasting glucose
 Tobacco exposure
 Family history of premature CVD

Do NOT restrict from sports unless confirmed stage II HTN