

HYPERTENSION

Hypertension, or High Blood Pressure (HBP), is the elevation of systolic and/or diastolic pressure. Blood pressure is the force exerted by the flow of blood against the walls of the arteries. Because many factors influence this pressure, it is medically sound to have a series of blood pressure readings called **serial blood pressures**, rather than just one to determine if a person may have an impending blood pressure problem. Special Agent applicants found to have a blood pressure greater than 140/90 are to have the following questions answered by a physician and have serial blood pressures taken according to the following criteria:

1. Has the applicant ever been treated for high blood pressure with medication and/or diet?
2. Is this applicant currently under treatment for high blood pressure with medication and/or diet?

--Blood pressure (BP) readings are to be taken for **3 days, both arms, morning and afternoon in a comfortable sitting position.**

--BP should be taken on **random days if at all possible.**

--Recordings are to be taken by a health care provider.

--Results of BP monitoring should be documented with signature and title of the person taking the readings.

--If any of the BP readings are elevated, the applicant should be referred to her/his personal physician for evaluation and follow-up.

Applicant Name _____

| | SITTING A. M. READING | SITTING P. M. READING |
|-------|-----------------------|-----------------------|
| DAY 1 | _____ | _____ |
| DAY 2 | _____ | _____ |
| DAY 3 | _____ | _____ |

Provider signature _____ Date _____

Board Certified Y ___ N ___ (Specialty _____) Print Name _____