

# APPENDIX 28

## Guidelines for Blood Pressure Management in Adults and Target Heart Rate

Hypertension (HTN) is defined as systolic blood pressure greater than 140 mm Hg or a diastolic blood pressure greater than 90 mm Hg:

| Category       | Systolic, mm Hg | Diastolic, mm Hg |
|----------------|-----------------|------------------|
| Desired BP     | <120            | <80              |
| Normal BP      | <130            | <85              |
| High Normal BP | 130 to 139      | 85 to 89         |
| Stage 1 HTN    | 140 to 159      | 90 to 99         |
| Stage 2 HTN    | 160 to 179      | 100 to 109       |
| Stage 3 HTN    | >180            | >110             |

How to determine target heart rate zone:

1. Subtract patient's age from 220.
2. Multiply the result by 0.65 to find lower end of target zone.
3. Multiply the result by 0.85 to find the upper end of target zone.

Example: 70-year-old patient

$$220 - 70 = 150$$

$$150 * 0.65 = 97.5$$

$$150 * 0.85 = 127.5$$

Target zone is 97 to 127 bpm.