Evaluation and Treatment of Hypertension for Children with BMI >85th Percentile over 10 years of age

BP measured with appropriate cuff size (fits 80% of the arm, 2/3 length of the upper arm), manually measured, not with machine (Determine BP percentile according to chart)

- **BP<90th percentile** (<120/80 for normal height, >11 years)
  - Follow up by PCP:
    - Weight Management
    - Routine monitoring every 6 months to 1 year

- **BP 90-95th percentile, or BP>95th at one visit, or equivocal readings**
  - Repeat BPs by provider utilizing appropriate size cuff** (any) 3 visits
    - Normal Results BP< 95th percentile
    - Abnormal Results
      - Nephrology or Cardiology Consult, if abnormal pedal pulses, according to results

- **BP>95th percentile measured at 3 separate visits** (>130/85 for normal height, >11 years)
  - Normal Results BP< 95th percentile
  - Abnormal Results
    - 3 month follow up with PCP
      - BP>95th
      - BP<95th
      - Refer to Pediatric Nephrology
      - Routine monitoring by PCP: BP, BUN, creat, lytes by PCP every 6 months

**Inclusion Criteria:**
- Overweight/Obese
- Over 10 years

**Exclusion Criteria:**
- Under 10 years
- Normal BMI
- Pregnancy

Urgently elevated blood pressure- refer to ED

*Within 3 months
**Utilize other provider, such as school nurse, only if appropriate cuff size is available
***Dietician available to see these patients at Pediatric Nephrology Clinic without Nephrology referral required.

Modified from algorithm by Connecticut Children's Medical Center