Wellness Nurse
Initial Assessment

**Wellness Nurse** provides initial review of risks, education, and literature.

**Pre-Hypertension**
Systolic 120-140 or Diastolic 80-89

**No HTN or Pre-HTN**
Systolic < 120 and Diastolic < 80

**Hypertension**
Stage 1
Systolic 140-159 or Diastolic 90-99
Stage 2
Systolic > 160 or Diastolic > 100

SASH Coordinator for Person-Centered Interview and Goal Setting

**Opportunity for Self Monitoring?**

**Education regarding risk factors, and Engagement in Lifestyle Initiatives**

**Lifestyle Initiatives and Referral to CHT or other community resource**

**Nutrition Evaluation**
- Evidence-Based Group Education
- Smoking Cessation
- Increase Physical Activity
- Stress reduction

**Smoking**
- Diabetes
- Excess Alcohol
- High Sodium Intake
- Elevated Cholesterol
- Obesity
- Inactivity
- Stress
- Sleeplessness

Risk Factors:

**Lifestyle Initiatives**

- Nutrition Evaluation
- Evidence-Based Group Education
- Smoking Cessation
- Increase Physical Activity
- Stress reduction

**HTN Stage 1**
Self-monitor training or SC monitor with periodic RN review

**HTN Stage 2 or unstable**
Wellness Nurse Monitor Weekly

**Currently Being Treated?**

Was Monitoring Requested by PCP or Participant?

**Yes**

- Systolic > 200 Refer to PCP or ER
- HTN Stage 2 or unstable
- Wellness Nurse Monitor Weekly

**No**

- Encourage education based on participant’s goals

For all participants: Reports (Flow Sheet) made available to PCP

**No**

- Encourage Appointment with PCP after 2 elevated readings**

Wellness Nurse reassesses in 6 months

**Pre-Hypertension**
Systolic 120-140 or Diastolic 80-89

**Wellness Nurse** provides initial review of risks, education, and literature.

**Opportunity for Self Monitoring?**

**Yes**

- Self Monitoring for participants with:
  - * Systolic > 130
  - * 2 Lifestyle Risk Factors
  - * Motivated
  - * Encourage participant to share records with PCP

**No**

- Lifestyle Initiatives and Referral to CHT or other community resource as appropriate

**Risk Factors:**
- Smoking
- Diabetes
- Excess Alcohol
- High Sodium Intake
- Elevated Cholesterol
- Obesity
- Inactivity
- Stress
- Sleeplessness

**Lifestyle Initiatives:**
- Nutrition Evaluation
- Evidence-Based Group Education
- Smoking Cessation
- Increase Physical Activity
- Stress reduction

**SC = SASH Coordinator**
**WN = Wellness Nurse**
**PCP = Primary Care Provider**
**CHT = Community Health Team**
**HTN = Hypertension**

* **Changed from 3 elevated readings**