Mr/Mrs: _____ **;Age:** _____

GUIDELINE WORKSHEET "Subjects Without Known Hypertension"

Date: _____ **Time:** _____

Please, answer the following questions (tick or cross):

Do you suffer from one of the following diseases? (multiple choices possible)

- ☐ Diabetes
- ☐ Coronary heart disease
- ☐ Chronic kidney disease
- ☐ Heart failure
- ☐ Stroke
- ☐ Myocardial infarction ("Heart attack")

Do you currently smoke?

☐ No ☐ Yes

Does one of these diseases exist in your family (1st degree relative)?

☐ No ☐ Yes

FILLED-IN BY THE PHARMACY:

After 5 min rest, we measured the following blood pressure and pulse rates

☐ right / ☐ left ☐ upper arm / ☐ wrist while seated:

1st Measurement: _____ /_____ mmHg Pulse: _____ min^{-1}

2nd Measurement: _____ /_____ mmHg Pulse: _____ min^{-1}
(1–2 min after the 1st measurement)

3rd Measurement: _____ /_____ mmHg Pulse: _____ min^{-1}
(1–2 min after the 2nd measurement)

Mean: _____ /_____ mmHg Pulse: _____ min^{-1}
(of 2nd and 3rd measurements)

The **mean** of the 2nd and 3rd measurements and the age are resulting in the following recommendation:

<80 years	80 years and older	Recommendation (tick or cross)
>140 mmHg systolic ***or*** >90 mmHg diastolic	>160 mmHg systolic ***or*** >90 mmHg diastolic	☐ **Please, make an appointment with your physician within 4 weeks**
130–140 mmHg systolic ***or*** 85–90 mmHg diastolic	130–160 mmHg systolic ***or*** 85–90 mmHg diastolic	☐ **Please, repeat blood pressure measurements at least annually**
<130 mmHg systolic ***and*** <85 mmHg diastolic	<130 mmHg systolic ***and*** <85 mmHg diastolic	☐ **Please, repeat blood pressure measurements at least every 3 years**

Indication of arrhythmias: ☐ **No** ☐ **Yes** **(if not already known, please make an appointment with your physician as soon as possible)**

_____ Your contact person in the pharmacy

_____ Pharmacy Stamp / Signature

Please, share this worksheet with your physician. If necessary, he/she will discuss diagnostic and therapeutic options with you.

ABDA – Federal Union of German Associations of Pharmacists, Berlin
Schulz M et al. J Clin Hypertens. 2020 arzneimittel@abda.de

DGK. Deutsche Gesellschaft für Kardiologie – Herz- und Kreislaufforschung e.V.