

Appendix A: Instructions for AOBP Protocol

LINCOLN TRIPLE BP “Modified SPRINT” PROTOCOL FOR BP $\geq 140/\geq 90$

Step 1: While getting vitals on a patient age 18+, if the Systolic BP is found to be 140+ or Diastolic is 90+, please go on to step 2 after recording the initial BP in the chart.

Step 2: CMA completes other tests or questions needed to prepare the patient for visit and then either starts the 5 minute protocol (processing the next patient in another room), or moves this patient to the provider’s exam room (along w/the vitals machine) where they can complete the 5 minute protocol.

Step 3: After staying seated quietly with arm supported for 2-3 minutes, click the button to the right of the “START” button with the stopwatch image.



Step 4: The following page will pop up. Click “Start Intervals” and let the patient know that in 30 seconds the machine is going to start checking their BP every 60 seconds x 3. They should stay seated with feet flat on the floor, back supported, and the arm with the BP cuff supported at heart level. They can watch or read things on their phone (if held in the other hand) but they should not talk or do anything with the arm wearing the cuff. To check how long until the next BP is checked, see the stopwatch button below (27 seconds left).



Step 5: When all 3 BPs have been checked, all 3 readings show (tiny, to the right) as well as the average. Enter the “NIBP AVERAGED” into the Vitals section as the next/final BP.

