



Division 13 **Public Affairs**

Chapter 03 – Blood Pressure Screening Program

January 2009

POLICY

This General Order shall provide a policy outlining the Prince George's County Government Livable Communities Project – Blood Pressure Screening Program.

DEFINITIONS

N/A

PROCEDURES

1. General Provisions

The Prince George's County Fire/EMS Department has developed a citizen Blood Pressure Screening Program. Any citizen or resident, on a monthly basis, shall be allowed access to local fire stations to have their blood pressure measured and recorded by station personnel. The Blood Pressure Screening Program shall commence on January 22, 2005, and every third Saturday of every month henceforth. Screenings shall be made available for the public between the hours of 10:00 a.m. and 1:00 p.m.

All firehouses are encouraged to welcome citizens into the firehouse for a blood pressure screening. A screening card (attached) should be completed and given to each citizen so they may maintain a record of their blood pressure.

Additionally, personnel should provide the citizen with a survey card so the Department can obtain the feedback and make changes as necessary. After this initial Countywide Blood Pressure Screening day, every third Saturday of the month will be dedicated to

conducting Blood Pressure Screenings between the hours outlined above.

Departmental personnel should keep in mind that we do not provide opinions or advice regarding medical issues. Personnel taking blood pressure readings should simply record the information for the citizen and refer them to their Primary Care Physician. If a citizen is in need of immediate medical care, all proper medical protocols should be taken.

Firehouses participating in the blood pressure screenings are as follows:

- | | |
|-------------|-------------|
| Company 805 | Company 830 |
| Company 808 | Company 840 |
| Company 819 | Company 841 |
| Company 821 | Company 843 |
| Company 822 | Company 844 |
| Company 826 | Company 846 |
| Company 829 | Company 847 |

Anyone having any questions should contact the AEMS office at 301-583-1860.

2. Screening Procedure

Determine the appropriate size blood pressure cuff to be utilized for the individual. There are different sized cuffs for adults and obese adults. Cuffs that are too small may give falsely high readings and cuffs that are too large may give falsely low readings.

Cuff	Arm Circumference Range at midpoint (cm)	Arm Circumference Range at midpoint (inches)
Adult	27-34 cm	Up to 13.38



		inches
Large Adult	35-44 cm	13.7 – 17.3 inches

The individual should sit comfortably with back and legs supported. Legs should be uncrossed at both knees and ankles. Arms should also be down at the individual's sides, not resting on armrests of a chair. Support the arm being used for blood pressure measurement at or near the level of the heart.

Place the cuff over the bare upper arm, with the end containing the bladder over the brachial artery. The bottom edge of the cuff should be positioned about an inch above the antecubital fold. Wrap the end of the cuff not containing the bladder around the arm snugly, and smooth and engage adhesive strips.

Close the deflation valve by turning the thumbscrew clockwise. Palpate the radial artery while inflating the cuff. Be sure to inflate cuff quickly by squeezing the bulb rapidly. Inflate cuff 20-30mmHg above the point at which the radial pulse disappears.

Position the chest piece of a stethoscope in the anticubital space. Open the valve to deflate the cuff gradually at a rate of 2-3mmHg per second.

Record the onset of pulse sounds as the systolic pressure, and the disappearance of these sounds as diastolic pressure. After measurement is completed, open valve fully to release any remaining air in cuff. Remove cuff.

Record date, time, blood pressure, pulse, and whether left or right arm was used for the measurement, on the complimentary Blood Pressure Record.

Personnel will provide a survey form to every citizen who has their blood pressure taken

and the following information will be recorded at the station and forwarded to the Administrative Aide in the AEMS office:

- Reporting Station;
- Total number of Blood Pressures taken;
- If any transports were initiated as a result of the blood pressure screening; and
- If station personnel were not in the firehouse to conduct the screenings between 10:00 and 13:00, why, and the incident number of the call the station ran.

REFERENCES

N/A

FORMS/ATTACHMENTS

Attachment #1 – PGFD Customer Service Survey Form

Attachment #2- How to Prevent and/or Control High Blood Pressure

PGFD Customer Service Survey Form

How would you rate the overall service you were given?

[poor] [below average] [average] [good] [exceeds expectations]

Were you treated in a courteous and professional manner?

[yes] [no] comments _____

Was the attendant able to answer all your questions?

[yes] [no] comments _____

Do you feel better informed on this issue?

[poor] [below average] [average] [good] [exceeds expectations]

Would you recommend this service to another person?

[yes] [no] comments _____

How did you find out about this service?

[recommended by a friend or family member] [saw advertisement]

[web page] [other] _____

Do you have any suggestions on how we can better serve you?

Service you received: [Home inspection] [Smoke Alarm Installation]

[Blood Pressure Screening] [Other] _____

Date you received service: ____/____/200__ Time; ____:____ a.m. / p.m.

Location where you received service: _____

Name of person providing service: _____

Your name [optional]: _____

May we contact you for more information? [yes] [no] Tel: (____)____-____

Please complete this form and mail to: Prince George's County Fire/EMS Department

Office of the Fire Chief

Attention: Quality Assurance

9201 Basil Court, Suite 452

Largo, Maryland 20774

HOW TO PREVENT AND/OR CONTROL HIGH BLOOD PRESSURE

Hypertension can almost always be prevented. You and your health care provider need to work together as a team to reduce it. A plan should be developed and a goal blood pressure should be agreed upon by the two of you. The following steps are very important to follow, even if you do not have high blood pressure:

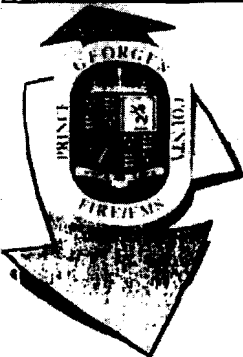
- *Maintain a healthy weight*
- *Be physically active*
- *Follow a healthy eating plan*
- *Eat foods with less sodium (salt)*
- *Drink alcohol only in moderation*
- *Take prescribed drugs as directed*

✂ *Clip out this convenient pocket card to record your blood pressure*

CALL 9-1-1 IMMEDIATELY

Not all of these warning signs occur in every stroke or heart attack. If some alert to occur, don't wait. Get help!

- Stroke Warning Signs**
- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
 - Sudden confusion, trouble speaking or understanding
 - Sudden trouble walking, dizziness, loss of balance
 - Sudden, severe headache with no known cause
- Heart Attack Warning Signs**
- Uncomfortable pressure, fullness, squeezing or pain in the center of chest lasting more than a few minutes, or goes away and returns
 - Pain that spreads to the shoulders, neck or arms
 - Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath



BLOOD PRESSURE RECORD

COMPLEMENTS OF
JACK JOHNSON
PRINCE GEORGE'S COUNTY EXECUTIVE

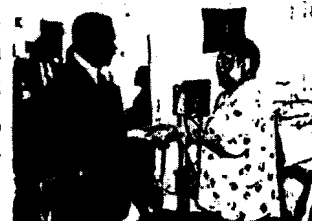


WHAT IS THE LIVABLE COMMUNITIES INITIATIVE?

The Livable Communities Initiative is an exciting Strategic Plan designed to guide, support and assist the government, residents and businesses in the creation and implementation of principles that will result in a healthy, safe, litter free environment and promote more livable communities in Prince George's County, one community at a time.



A comprehensive evaluation of existing government programs that affect the cleanliness, beautification, health, safety and educational conditions of the County were performed during the development of the Plan. The scope of the evaluation was broad and designed to consider the widest range of solutions to the environmental problems facing the County, and to look for ways to enhance those programs that are working. The Plan includes short and long-term action items, based on a needs assessment, to enhance livability in the County.



Hypertension Screening Program

*A partner in the
Livable Communities
Initiative*

Jack B. Johnson, County Executive

FACTS ABOUT HIGH BLOOD PRESSURE

More than 65 million American adults suffer with high blood pressure and approximately 2 million new cases are diagnosed every year. High blood pressure or "hypertension" is the single most prevalent chronic illness faced by Americans. Hypertension is referred to as "the silent killer" because frequently the disease produces no noticeable symptoms until it has progressed into an advanced stage. Health care professionals estimate that one third of the people actively suffering with high blood pressure do not even know they have a problem. It is one of the leading causes of disability or death because high blood pressure dramatically increases risk of stroke, heart attack, heart failure and kidney failure.

A blood pressure of 140/90 mm Hg or above is considered high. About two-thirds of people over age 65 have high blood pressure. If your blood pressure is between 120/80 mmHg and 139/89 mmHg then you have prehypertension. This means that you don't have high blood pressure now but are likely to develop it in the future unless you adopt a healthier lifestyle.

WHAT ARE YOUR RISK FACTORS?

Risk factors are conditions or behaviors that increase your chances of developing a disease. When you have more than one risk factor for heart disease, your risk of developing heart disease is greatly multiplied. So, if you have high blood pressure, you need to take action. Fortunately, you can control most risk factors.

RISK FACTORS YOU CAN CONTROL:

- High Blood Pressure
- Abnormal Cholesterol
- Tobacco Use
- Diabetes
- Overweight
- Physical Inactivity

RISK FACTORS BEYOND YOUR CONTROL:

- Age (55 or older for men; 65 or older for women)
- Family History of early heart disease (having a brother diagnosed with heart disease before age 55, or having a mother or sister diagnosed before age 65).

HOW CAN THE PRINCE GEORGE'S COUNTY GOVERNMENT HELP YOU?

Beginning on January 29, 2005, the Prince George's County Fire/EMS Department will be offering monthly blood pressure screenings at specified Fire/EMS stations near your community. On the third Saturday of each month within the hours of 10:00 a.m. and 1:00 p.m., we encourage you to have your blood pressure taken and recorded by station personnel. You will receive a complimentary Blood Pressure Screening Card to help you maintain records of your blood pressure and pulse that can easily be reported to your primary care provider.

FIRE RESCUE STATIONS PROVIDING FREE BLOOD PRESSURE CHECK-UPS

- Station 05 Capitol Heights
- Station 08 Seat Pleasant
- Station 12 College Park
- Station 18 Glenn Dale
- Station 19 Bowie #1
- Station 21 Oxon Hill #1
- Station 22 Tuxedo-Cheverly
- Station 26 District Heights
- Station 29 Silver Hill
- Station 30 Landover Hills
- Station 36 Baden
- Station 40 Brandywine
- Station 41 Beltsville #2-Calverton
- Station 43 Bowie #3-Pointer Ridge
- Station 44 Chillum/Adelphi #2
- Station 46 Kentland #2-Largo
- Station 47 Allentown #2-Fort Washington
- Station 49 Laurel
- Station 55 Bunker Hill
- Station 57 Dive Unit

To contact these stations for directions, dial: 301-883-77, and then dial the two-digit station number. Example: Capitol Heights would be 301-883-7705

✂️ Clip out this convenient pocket card to record your blood pressure

MM/DD/YR	TIME	PRESSURE	PULSE	L/R?
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