











Blood Pressure Self Management and Action Plan

Blood Pressure is a very serious disease which may cause damage to the blood vessels and nerves leading to the brain, eyes, heart, kidneys.

You, the patient, are the most important person to manage your blood pressure. We will guide you and offer support as you manage your blood pressure. The following goals will help you maintain your blood pressure to reduce damage to your blood vessels and nerves.

Below are the goals you will commit to work on to better manage your blood pressure.		Date Reviewed	Date Done
	Goal 1: I will work hard to keep my Blood Pressure below 130/80.		
	Goal 2: I will exercise (walk) 30 minutes _____ days per week. If I notice chest pain, shortness of breath or chest tightness, I will seek medical attention.		
	Goal3: I will follow my low sodium and low fat diet to reduce my cholesterol.		
	Goal 4: I will loose weight by my next office visit. I will change my behavior by:		
	Goal 5: I will take my prescription medication regularly and/or take a baby aspirin or enteric coated aspirin every day as instructed by my Provider		
	Goal 6: I will stop smoking.		
	Goal 7: I will check my blood pressure as instructed and will call if the results are consistently above 130/8 or above.		
	Goal 8: I will talk about how I feel about having high blood pressure to family, friends, and or a chaplain. I will attend my follow-up clinic appointments.		
	Goal 9: I will check my blood sugar as instructed and will call if the results are consistently below 70 or above 180.		
	Goal 11: I will check my blood pressure as instructed and call if the results are consistently greater than 130/80.		

Goal 12: I will keep my scheduled appointments.