

## HUDDLE UP

# Blood Pressure (BP) Management

### BP Monitoring Best Practices

- Pre-, Intra-, and Post-Dialysis BP Checks:
  - Ensure proper cuff size and positioning
  - Patient should rest 3–5 minutes before measuring
  - Avoid measuring on fistula/graft arm
- Common Patterns to Watch:

Type	What to Look For
Intradialytic Hypotension	SBP drop >20 mmHg with symptoms
Hypertension Post-Dialysis	SBP >140 mmHg consistently after sessions
Wide Variability	Frequent swings in BP within or between sessions

### Red Flags - When to Escalate

- SBP < 90 mmHg with symptoms (dizziness, nausea, cramping)
- SBP > 180 mmHg or DBP > 110 mmHg pre- or post-dialysis
- Persistent intradialytic hypotension despite intervention
- Patient reports chest pain, shortness of breath, or confusion

### Interventions and Support Strategies

#### Dry Weight Reassessment:

- Is the patient at their true dry weight?
- Frequent hypotension may indicate need to adjust dry weight

#### Medication Review:

- Are any BP meds being taken right before dialysis
- Coordinate with provider/pharmacist to adjust timing or dosage

#### Fluid & Sodium Intake Counseling:

- Excessive intake can cause fluid overload and HTN
- Reinforce dietary restrictions and fluid goals

#### Treatment Adjustments:

- Modify ultrafiltration rate for unstable BP
- Use cooler dialysate or mid-treatment reassessments

### Huddle Objective

Improve blood pressure control in dialysis patients by enhancing monitoring practices, recognizing abnormal patterns, and promoting patient education and individualized care.

### Key Teaching Points

1. Importance of BP Management in Dialysis
  - High and low BP increase risk of cardiovascular events, hospitalizations, and intradialytic symptoms (cramping, fatigue, syncope).
  - Accurate BP monitoring and timely intervention improve outcomes and patient well-being.

### Team Discussion Prompt

Ask the team: *What's one strategy that's helped your patient with BP control lately?*

### Takeaway Message

BP control isn't just about numbers—it's about supporting heart health and patient safety every step of the way.

## Patient Educations Opportunities

- Review home BP logs (if applicable)
- Reinforce importance of fluid restriction and medication adherence
- Explain why intradialytic symptoms occur and what to report

## Action Plan for Today

- Identify 2–3 patients with unstable BP or recent symptoms
- Review their:
  - BP trends
  - Medication list
  - Recent fluid gains
  - Dry weight accuracy
- Assign staff for:
  - Follow-up assessments
  - Patient education
  - Documentation in EMR

## Blood Pressure Management

**Date:** \_\_\_\_\_ **Huddle Leader:** \_\_\_\_\_

**Staff Signatures (Print & Sign):**

[illegible]