

OFF TREATMENT OR ON STABLE TREATMENT COLOUR CHART ADVICE FOR CLINICIANS (weekly BP readings)

- **Participants will measure their BP once per week once stable** on treatment (chronic/essential hypertension) or stable off treatment (for those whose BP returns to normal).
- If BP is high or low on weekly measurement, they will revert to daily BP readings. The following rainbow chart is for women off treatment or on stable treatment.
- Once off treatment, or on stable treatment in the case of chronic (or essential) hypertension, once the blood pressure has been <140/90mmHg every day for a week and the woman not symptomatic, she will be advised to revert to once weekly measurement.

Colour	Level	BP mmHg	Clinician Action
Red	Very high	Sys 160 or more OR Dia 110 or more	Consider need for re-admission or urgent restarting of medication
Orange	High	Sys 150-159 OR Dia 100-109	This level of blood pressure confirmed on one day triggers daily readings. Thereafter on two consecutive days it usually requires restarting of medication
Yellow	Raised	Sys 140-149 OR Dia 90-99	This level of blood pressure confirmed on one day triggers daily readings. This level of raised BP for a week usually requires up-titration or restarting of medication
Green	High normal	Sys 130-139 OR Dia 80-89	This is normal blood pressure off treatment or on stable treatment. Continue weekly readings
Blue	Low normal	Sys 100-129 AND Dia < 80	This is normal blood pressure off treatment. This level of blood pressure confirmed on one day on stable treatment triggers daily readings. If two days in a row on stable treatment she may need medication reduction
Purple	Low	Sys < 100 AND Dia < 80	This is normal blood pressure off treatment. This level of blood pressure confirmed on one day on stable treatment will likely need medication reduction

High readings or symptoms off treatment/ on stable treatment

- **For women off-treatment/on stable treatment on weekly measurement**, the same principles are applied for any readings in the **red** zone ($\geq 160/110$ mmHg)-Consider need for admission or urgent restarting of medication .
- Off treatment/on stable treatment with any readings in the orange (150-159/100-109 mmHg), a switch from once per week to daily readings is triggered. **If the readings remain**

abnormal for 2 or more consecutive days then women will be advised to contact their supervising clinician. Restarting (or increasing) antihypertensive medication will usually be required

- Off treatment/on stable treatment with a yellow reading on any single day that persists after a repeat that day, the woman will switch to daily readings. If they then have a week of readings in the yellow zone (140-149/90-99mmHg), they will be asked to contact their supervising clinician and re-starting (or increasing) medication may be required (up a step or start at the bottom of the ladder).
- **If a woman off treatment or on stable medication reports a symptom**, this triggers notification for her to contact her supervising clinician.

Low readings on stable treatment

- If a woman reports purple readings (<100/<80mmHg) on treatment then women will be advised to contact their supervising clinician as per the principles for on-treatment table and will need a medication reduction
- If symptoms reported in blue range (100-129/<80mmHg), a switch from once per week to daily readings is triggered. **If the readings remain abnormal for 2 or more consecutive days and she is symptomatic**, then women will be advised to see their supervising clinician as per the principles for on-treatment table.

Low readings off treatment

- Off treatment, if symptoms of hypotension (dizziness etc.) reported in purple (<100/<80mmHg) or blue range (100-129/<80mmHg), a switch from once per week to daily readings is triggered. **If the readings remain abnormal for 2 or more consecutive days and she remains symptomatic**, then women will be advised to contact their supervising clinician.