

EP. 62 Why Should You Take Blood Pressure?

We took blood pressure on every patient in school, but somehow it gets pushed to the side in so many offices. Is it part of your standard of care?

What are some good reasons to take blood pressure?

1. **It's a great opportunity to screen your patient for hypertension.** Many patients come to their 6-month dental visit, but aren't going to their general doctor for regular physicals.
2. **It reduces the chances of having a crisis or dental emergency in your chair.** The last thing you want to do is have to call 911 and have an ambulance park outside your office.
3. **It can alert expecting mothers of high blood pressure.** With so many pregnant women with preeclampsia, it can help discover this condition earlier rather than later.
4. **It can be an indicator of other diseases, such as diabetes.** High blood pressure and diabetes go hand in hand.
5. **It helps build trust.** Taking blood pressure helps create value at their visit and opens up the conversation.

Document in the chart that you took their blood pressure. It's easy to find an excuse (such as time) as to why you don't take blood pressure, but don't let barriers get in the way. You could be saving a life!

Invest in a good blood pressure cuff. We like Omron 650/652. Tip: Pop it on their wrist as you update medical history.

If blood pressure screenings aren't a part of your standard of care, sit down with your team and come up with a system to make it happen.