

# Clinician Summary of USPSTF Recommendation Screening for Hypertension in Adults

April 2021



## What does the USPSTF recommend?



**Screen** adults for hypertension.



## To whom does this recommendation apply?

Adults 18 years or older without known hypertension.



## What's new?

This recommendation is consistent with the 2015 USPSTF recommendation. The USPSTF continues to recommend screening for hypertension in adults 18 years or older.



## How to implement this recommendation?

- 1. Screen:** Measure blood pressure with an office blood pressure measurement.
- 2. Confirm:** Take blood pressure measurements outside of the clinical setting to confirm a hypertension diagnosis before starting treatment.

Ways to measure blood pressure outside of the clinical setting include:

- *Ambulatory blood pressure monitoring:* patients wear a programmed portable device that automatically takes blood pressure measurements, typically in 20- to 30-minute intervals over 12 to 24 hours while patients go about their normal activities or are sleeping.
- *Home blood pressure monitoring:* patients measure their own blood pressure at home with an automated device. Measurements are taken much less frequently than with ambulatory blood pressure monitoring (eg, 1 to 2 times a day or week, although they can be spread out over more time).
- Blood pressure measurements should be taken at the brachial artery (upper arm) with a validated and accurate device in a seated position after 5 minutes of rest.

### How often?

Although evidence on optimal screening intervals is limited, reasonable options include:

- Screening for hypertension every year in adults 40 years or older and in adults at increased risk for hypertension (such as Black persons, persons with high-normal blood pressure, or persons who are overweight or obese).
- Screening less frequently (ie, every 3 to 5 years) as appropriate for adults aged 18 to 39 years not at increased risk for hypertension and with a prior normal blood pressure reading.



## What are other relevant USPSTF recommendations?

The USPSTF has several recommendations addressing cardiovascular health:

- Risk assessment for cardiovascular disease with nontraditional risk factors
- Screening for atrial fibrillation with electrocardiography
- Behavioral counseling interventions to promote a healthy diet and physical activity for cardiovascular disease prevention in adults with cardiovascular risk factors
- Behavioral counseling interventions to promote a healthy diet and physical activity for cardiovascular disease prevention in adults without known cardiovascular risk factors
- Statin use for the primary prevention of cardiovascular disease in adults
- Aspirin use to prevent cardiovascular disease and colorectal cancer
- Screening for high blood pressure in children and adolescents



## Where to read the full recommendation statement?

Visit the USPSTF website to read the [full recommendation statement](#). This includes more details on the rationale of the recommendation, including benefits and harms, supporting evidence, and recommendations of others.