

Recognition and Follow up of High Blood Pressure in Children

Use the table below to identify children needing further evaluation
(i.e. systolic BP >90th centile for 5th centile height)

Age	SBP Boy	SBP Girl	Age	SBP Boy	SBP Girl	Age	SBP Boy	SBP Girl
1	94	97	7	106	106	13	117	117
2	97	98	8	107	108	14	120	119
3	100	100	9	109	110	15	120	120
4	102	101	10	111	112	16	120	120
5	104	103	11	113	114	17	120	120
6	105	104	12	115	116	18	120	120

Plot height centile and systolic BP on [charts corrected for gender, age and height](#)

Systolic BP >90th centile?

Check cuff size and repeat measurement with stethoscope and aneroid sphygmomanometer

<90th centile – normal

Reassure

90-95th centile – high normal

Give lifestyle advice and repeat BP in 6 months

>95th centile - high

Does the child have symptomatic hypertension and/or is the systolic BP >5mmHg above 99th centile ?

NO

YES

Follow up within 1 week with repeat BP measurements

Average of 3 separate systolic BPs > 95th centile?

Arrange immediate senior review

Diagnose hypertension, investigate the cause and assess for end organ damage

Cardiac pathology

Refer to tertiary cardiology

Other/unknown cause

Refer to tertiary nephrology for review within 1 month

Symptomatic Hypertension

Headache

Nausea & vomiting

Visual disturbance

Irritability & tiredness

Nose bleeds

Cranial nerve palsy

Hemiplegia

Seizures

Reduced consciousness



If unclear whether a child has symptomatic or severe hypertension refer immediately to tertiary nephrology 07836 524364

Upper BP centiles, according to gender age and height

Age	BP Percentile	Systolic BP, mm Hg													
		Boys - Height Centile							Girls - Height Centile						
		5th	10th	25th	50th	75th	90th	95th	5th	10th	25th	50th	75th	90th	95th
1	90th	94	95	97	99	100	102	103	97	97	98	100	101	102	103
	95th	98	99	101	103	104	106	106	100	101	102	104	105	106	107
	99th	105	106	108	110	112	113	114	108	108	109	111	112	113	114
2	90th	97	99	100	102	104	105	106	98	99	100	101	103	104	105
	95th	101	102	104	106	108	109	110	102	103	104	105	107	108	109
	99th	109	110	111	113	115	117	117	109	110	111	112	114	115	116
3	90th	100	101	103	105	107	108	109	100	100	102	103	104	106	106
	95th	104	105	107	109	110	112	113	104	104	105	107	108	109	110
	99th	111	112	114	116	118	119	120	111	111	113	114	115	116	117
4	90th	102	103	105	107	109	110	111	101	102	103	104	106	107	108
	95th	106	107	109	111	112	114	115	105	106	107	108	110	111	112
	99th	113	114	116	118	120	121	122	112	113	114	115	117	118	119
5	90th	104	105	106	108	110	111	112	103	103	105	106	107	109	109
	95th	108	109	110	112	114	115	116	107	107	108	110	111	112	113
	99th	115	116	118	120	121	123	123	114	114	116	117	118	120	120
6	90th	105	106	108	110	111	113	113	104	105	106	108	109	110	111
	95th	109	110	112	114	115	117	117	108	109	110	111	113	114	115
	99th	116	117	119	121	123	124	125	115	116	117	119	120	121	122
7	90th	106	107	109	111	113	114	115	106	107	108	109	111	112	113
	95th	110	111	113	115	117	118	119	110	111	112	113	115	116	116
	99th	117	118	120	122	124	125	126	117	118	119	120	122	123	124
8	90th	107	109	110	112	114	115	116	108	109	110	111	113	114	114
	95th	111	112	114	116	118	119	120	112	112	114	115	116	118	118
	99th	119	120	122	123	125	127	127	119	120	121	122	123	125	125
9	90th	109	110	112	114	115	117	118	110	110	112	113	114	116	116
	95th	113	114	116	118	119	121	121	114	114	115	117	118	119	120
	99th	120	121	123	125	127	128	129	121	121	123	124	125	127	127
10	90th	111	112	114	115	117	119	119	112	112	114	115	116	118	118
	95th	115	116	117	119	121	122	123	116	116	117	119	120	121	122
	99th	122	123	125	127	128	130	130	123	123	125	126	127	129	129
11	90th	113	114	115	117	119	120	121	114	114	116	117	118	119	120
	95th	117	118	119	121	123	124	125	118	118	119	121	122	123	124
	99th	124	125	127	129	130	132	132	125	125	126	128	129	130	131
12	90th	115	116	118	120	121	123	123	116	116	117	119	120	121	122
	95th	119	120	122	123	125	127	127	119	120	121	123	124	125	126
	99th	126	127	129	131	133	134	135	127	127	128	130	131	132	133
13	90th	117	118	120	122	124	125	126	117	118	119	121	122	123	124
	95th	121	122	124	126	128	129	130	121	122	123	124	126	127	128
	99th	128	130	131	133	135	136	137	128	129	130	132	133	134	135
14	90th	120	121	123	125	126	128	128	119	120	121	122	124	125	125
	95th	124	125	127	128	130	132	132	123	123	125	126	127	129	129
	99th	131	132	134	136	138	139	140	130	131	132	133	135	136	136
15	90th	122	124	125	127	129	130	131	120	121	122	123	125	126	127
	95th	126	127	129	131	133	134	135	124	125	126	127	129	130	131
	99th	134	135	136	138	140	142	142	131	132	133	134	136	137	138
16	90th	125	126	128	130	131	133	134	121	122	123	124	126	127	128
	95th	129	130	132	134	135	137	137	125	126	127	128	130	131	132
	99th	136	137	139	141	143	144	145	132	133	134	135	137	138	139
17	90th	127	128	130	132	134	135	136	122	122	123	125	126	127	128
	95th	131	132	134	136	138	139	140	125	126	127	129	130	131	132
	99th	139	140	141	143	145	146	147	133	133	134	136	137	138	139