

7-6-12 Elist Discussion on Blood Pressure

On July 6, Rosa asks:

Good afternoon elist members. Blood pressure is coming up for discussion again. We currently have a patient, mid 50's age who suffered two CVA's within the past six months. On each presentation to Physical Therapy for the past month or so his blood pressure has been within our contraindicated parameters. Are there new blood pressure exercise recommendations our clinic should be looking at? I have looked online for articles with recommendations as well as on the APTA website to no real avail. I found contraindicated parameters ranging from 180/110 to 200/120. This seems too high, especially given the reason this gentleman is referred to therapies. His Primary Care Physician (PCP) has been updated on the patient's status, however he has not provided any specific guidelines for us. Any new information and recommendations would greatly be appreciated. This is to be discussed further within our clinic staff with Medical Director input. Thanks.

Barb replies:

Hi Rosa – The MFA certified medically based fitness center where I provide group exercise and personal training services also offers both land and water physical therapy, plus cardiac and pulmonary rehabilitation. Checking with the PCP for movement activity appropriateness is part of the process for those with a diagnosis where there may be questions of safety.

The more frequently I see queries such as yours the more I am noticing that close collaboration between members of the care provider team may not be the norm. Do I understand that when the PCP is specifically asked for safe blood pressure boundaries for this patient, he defers from providing them?

Thanks for posing this interesting question, Rosa. My Symposium presentation subject was Continuum of Care and this thread creates a new opportunity to reinforce our need to work as a team for the wellness and safety of those we serve. Kudos to you for your caution.