revised BP tables include the 50th, 90th, 95th, and 99th percentiles (with standard deviations) by gender, age, and height.

To use the tables in a clinical setting, determine the height percentile by using the Centers for Disease Control and Prevention growth charts (www.cdc.gov/growthcharts). The child's measured systolic BP and diastolic BP are compared with the numbers provided in the table (boys or girls) according to the child's age and height percentile. The child is **normotensive** if the BP is below the 90th percentile. If the BP is at or above the 90th percentile, repeat the BP measurement at that visit to verify an elevated BP. BP measurements between the 90th and 95th percentiles indicate prehypertension and necessitate reassessment and consideration of other risk factors. In addition, if an adolescent's BP is more than 120/80 mm Hg, consider the patient prehypertensive, even if this value is below the 90th percentile. This BP level typically occurs for systolic BP at 12 years old and for diastolic BP at 16 years old. If the child's BP (systolic or diastolic) is at or above the 95th percentile, the child may be hypertensive, and the measurement must be repeated on at least two occasions to confirm diagnosis (National High Blood Pressure Education Program Working Group on High Blood Pressure in Children and Adolescents, 2004) (see Nursing Care Guidelines box).

Nursing Care Guidelines

Using the Blood Pressure Tables

1. Use the standard height charts to determine the height percentile.

2. Measure and record the child's systolic BP and diastolic BP.

3. Use the correct gender table for systolic BP and diastolic BP.

4. Find the child's age on the left side of the table. Follow the age row horizontally across the table to the intersection of the line for the height percentile (vertical column).

5. Then, find the 50th, 90th, 95th, and 99th percentiles for systolic BP in the left columns and for diastolic BP in the right columns.