**Dot Phrases & Assessment Descriptions for EHR**

**EPIC dot phrase:** .bpFALW95

**Other Examples**

An assessment description when an obese patient had an elevated BP but not confirmed HTN to serve as “language or shortcuts for dot phrases that could be used in any HER.”

**Assessment/Plan:**

{Blank single:19197} is a {Time; age:30409} {boy or girl:22054} with elevated blood pressure who presents today for initial evaluation.

{Blank single:19197} has had intermittent elevations in {HIS/HER:22969} blood pressure. In order to give {him/her:29115} a diagnosis of hypertension {HE/SHE:22971} would need to demonstrate that {HIS/HER:22969} BP was sustained at or above the 95th percentile for age, sex, and height on multiple occasions, taken multiple times at each visit. The average of BPs measured by manual auscultation today is {Blank single:19197} which is below the 90th percentile. It is possible that {HE/SHE:22971} has masked hypertension - meaning {HIS/HER:22969} BP is elevated out of the office but is normal in the office/clinic setting. Masked hypertension is common in individuals with obesity. If {HIS/HER:22969} echo reveals LVH then we will pursue 24-hour ABPM.

{HE/SHE:22971} has undergone lab testing for obesity and this has been largely reassuring. {HE/SHE:22971} has normal electrolytes, normal kidney function, normal lipids. Physical exam is only notable for obesity.

Regarding cardiovascular disease risk factors, in addition to elevated blood pressure and obesity, his cardiovascular risk history includes: {Blank multiple:19196}

To best treat {HIS/HER:22969} obesity, {HE/SHE:22971} should institute a heart healthy lifestyle that includes weight maintenance for now. {HE/SHE:22971} was given the following instructions: Please work on limiting your salt intake, first by not adding any salt to your food and then later by limiting your intake to no more than 1500 mg per day. Increase your fruit and vegetable, low fat dairy and high fiber food intake while limiting your carbohydrate, fat and processed sugar intake. Limit - or better yet - avoid sugar-sweetened beverages. Limit your screen time (TV, video game, computer) to no more than 2 hours per day. Get 1 hour or more of moderate to vigorous activity each day - this does not have to be all at once, but should amount to an hour by the end of the day. Aim to walk 12,000 steps per day.

**EPIC after visit summary for patients who are hypertensive or overweight:**

Please work on limiting your salt intake, first by not adding any salt to your food and then later by limiting your intake to no more than 1500 mg per day. Increase your fruit and vegetable, low fat dairy and high fiber food intake while limiting your carbohydrate, fat and processed sugar intake. Limit - or better yet - avoid sugar-sweetened beverages. Limit your screen time (TV, video game, computer) to no more than 2 hours per day. Get 1 hour or more of moderate to vigorous activity each day - this does not have to be all at once, but should amount to an hour by the end of the day. Aim to walk 12,000 steps per day.