

# Pediatric Blood Pressure Chart

**Name:** Mark Grayson

**Gender:** Male

**Date:** August 9, 2022

*Age Group (weight in kg)	Age (years)	Height (cm)	Blood pressure (mmHg) (50th-90th percentile)			
			Boys		Girls	
			Systolic	Diastolic	Systolic	Diastolic
Infant	1-12 months		72 -104	37-56	72-104	37-56
Toddler (10-14 Kg)	1	77-87	86-101	41-54	85-102	42-58
	2	86-98	89-104	44-58	89-106	48-62
Preschooler (14-18Kg)	3	92-105	90-105	47-61	90-107	50-65
	4	98-113	92-107	50-64	92-108	53-67
	5	104-120	94-110	53-67	93-110	55-70
School-age (20-42 Kg)	6	111-127	90-109	59-73	91-108	59-73
	7	116-134	91-111	60-74	92-110	60-74
	8	120-140	93-113	60-75	94-112	60-75
	9	125-145	94-115	61-75	95-114	61-76
	10	130-151	96-117	62-76	97-116	62-77
	11	135-157	98-119	62-77	99-118	63-78
	12	141-164	100-121	63-78	100-120	64-78
Adolescent (50 Kg)	>13	147-172	102-124	64-80	102-121	64-79

*What is the normal blood pressure for a child?*

(2021, January 31). Pediatric Associates.

<https://pediatricassociates.com/parenting-tips/what-is-the-normal-blood-pressure-for-a-child/>

	Age <13 years	Age >13 years	Follow-up
<b>Elevated or persistent or pre-HTN</b>	90th to 95th percentile or 120/80 mm Hg to <95th percentile (whichever is lower)	120-129/<80 mm Hg	Recheck in 6 months Consider school or home BP monitoring
<b>Stage 1 HTN</b>	>95th to 99th percentile + 5 mmHg or 130-139/89 mm Hg (whichever is lower)	130-139/89 mm Hg	Evaluate in 1 week to 1 month
<b>Stage 2 HTN</b>	> 99th percentile + 5 mm Hg or ≥140/90 mm Hg (whichever is lower)	≥140/90 mm Hg	Evaluate in 1 week or sooner if symptomatic
<b>White-coat HTN</b>	> 95th percentile in a medical setting. Normal outside the medical setting		Consider ABPM as well as home or school BP monitoring
<b>Masked HTN</b>	< 95th percentile in a medical setting. > 95th percentile outside a medical setting		Consider ABPM in high-risk patients.

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### Findings

Age: 11 years

Height: 140 cm

Blood Pressure: 110/77 mmHg

### Recommendations

While the systolic blood pressure is within the normal range for an 11-year-old male, the diastolic value (79 mmHg) is slightly above the upper limit of the normal range (62-77 mmHg).

Consider lifestyle modifications, including dietary adjustments and increased physical activity, to manage diastolic blood pressure.

Monitor regularly to assess any changes and consult with a healthcare professional for further evaluation if

**Additional Notes**

No other abnormal findings noted during the examination.

Emphasize the importance of maintaining a healthy lifestyle; maintain a well-balanced diet and engage in physical activity.

Educate the patient and caregivers on potential symptoms related to blood pressure changes. This is highly unlikely given that patient's blood pressure is close to normal, but if any of these arise, schedule a follow up:

Headaches, impaired vision, dizziness, chest pain, shortness of breath, fatigue, irregular heartbeat, nausea.