

# Addendum

In 2017, the American College of Cardiology/American Heart Association (ACC/AHA) and the Clinical & Laboratory Standards Institute (CLSI) published updated standards relevant to the content of this certification. This information was updated after the development of the certification test plan, but NHA is proactively taking steps to ensure that the changes will not adversely affect examinees. We recommend that certification candidates acquaint themselves with both the new and the old standards in recognition that the adoption of these changes occurs gradually throughout the industry. NHA assures its clients that no questions on its certification exams will require choosing between old and new standards or guidelines.

## ACC/AHA blood pressure guideline updates

| PREVIOUS CATEGORIES  | PREVIOUS GUIDELINES           | NEW CATEGORIES       | NEW GUIDELINES  |
|----------------------|-------------------------------|----------------------|---|
| Normal               | Less than 120/80 mm Hg        | Normal               | Less than 120/80 mm Hg  |
| Prehypertension      | 120 to 139/<br>80 to 89 mm Hg | Elevated             | 120 to 129/<br>less than 80 mm Hg                                     |
| Stage 1 Hypertension | 140 to 159/<br>90 to 99 mm Hg | Stage 1 Hypertension | 130 to 139/80 to 89 mm Hg   |
| Stage 2 Hypertension | Greater than<br>160/100 mm Hg | Stage 2 Hypertension | Equal to or greater than 140/<br>equal to or greater than<br>90 mm Hg |
|                      |                               | Hypertensive Crisis  | Greater than 180/<br>greater than 120 mm Hg                           |

## CLSI guideline updates

In 2017, CLSI updated its guidelines for phlebotomy procedures. NHA will now be following the latest CLSI guidelines in all of its products and certification tests. The following are three of the latest updates from CLSI that affect our products.

- *Patient identification.* In addition to using two patient identifiers, CLSI guidelines now state that patients should be asked to spell their first and last names when providing their name.
- *Site cleansing.* CLSI guidelines now state that the site should be cleansed with friction using back and forth strokes rather than in concentric circles.
- *Tourniquet removal.* Although not new, CLSI guidelines state that the tourniquet should be removed as soon as blood flow is established, rather than waiting until the last tube is filled. The tourniquet should never be left on for more than 1 minute. NHA will be following these recommendations as well.