Hypertension Clinic
For children and teens with high blood pressure

This program diagnoses and treats infants, children and teens with known or suspected hypertension. Experts from a number of areas work together to assist children and their families.

What services are offered in Hypertension Clinic?

- An evaluation by a doctor who is trained in pediatric hypertension
- Testing (such as 24-hour blood pressure monitoring, imaging done in the Radiology department and other lab tests as needed)
- Education and support provided by nurses, dietitians and physical therapists
- Communication between your child’s primary care provider and the pediatric hypertension specialists about your child’s condition
- Long-term monitoring, which is done in partnership with your child’s primary care provider
- The opportunity to receive new treatments as they become available

What can you expect once your child has been referred to Hypertension Clinic?

- Your child’s doctor will contact our pediatric hypertension specialists about your child’s health history.
- Once the referral has been made, call us at 206-987-2524 to schedule your child’s clinic appointment and any special tests that might be needed. Whenever possible, all tests will be scheduled on the same day as your child’s visit.
What should you bring to the first visit?

- If your child already had some of the tests that are needed, send or bring all test results with you to the first visit.
- You do not need to bring test results from tests that were done at Seattle Children’s before the first visit.
- Please have your child wear a belt and clothes that are comfortable for exercise to the first visit. We will attach a 24-hour blood pressure monitor to their belt if this test is needed.

What can you expect during your visit?

- The length of your visit will vary based on your child’s needs. Visits last 1.5 to 2 hours from the time you arrive to check in.
- At the first visit, your child may wear a blood pressure cuff that will record the blood pressure outside the dinic setting for 24 hours. In addition to the healthcare provider, your child may also see a physical therapist for advice about exercise.
- After your first visit, you will come back for a second visit to discuss the results of the 24-hour blood pressure recording. Your child may have more tests if needed. This is also when your child would see a dietitian or another specialist or start a medication.