

Name: _____ Date of Birth _____ GP: _____

Can we send you a text message with our opinion relating to these results and other healthcare information such as appointment reminders? YES/NO

Mobile Number

	Day	Upper (Systolic)	Lower (Diastolic)	Comments (if needed)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
	Average:			



Home Blood Pressure Monitoring Sheets – for patients treated for blood pressure

Home blood pressure machines are now very common and are an accurate way of recording blood pressure. Most people’s blood pressure will rise when they come to see a healthcare professional, even if they feel completely relaxed. Using home blood pressure monitors therefore :

- Reduces over-treatment.
- Reduces medication for patients, and thus side-effects, complications and interactions.
- Reduces drug costs for the NHS.
- Saves appointments with nurses which will be used for other patients.

This leaflet explains how to take your blood pressure at home. Please hand in the form (on the back page of this leaflet) when it is completed. If there are any problems with your readings we will let you know.

Machines are widely available at pharmacies and even some supermarkets at around £20.00 to buy. As monitoring is only needed every 6 months perhaps share one with a friend, or a group of friends.

If you do not have a condition that requires blood pressure monitoring please have a blood pressure check with our nurses **once every 5 years**. There is no need to have a home monitor.

Dos and Don'ts

Do make sure you have your blood pressure checked every six months (birthday month and six months later), and a blood test once a year (birthday month). Please add it to your diary.

Don't get into the habit of checking your blood pressure every day. If your blood pressure is normal then it only needs checking twice a year. Your GP will let you know if more frequent monitoring is needed.

Don't worry if your blood pressure is different each time. Blood pressure constantly changes and will be different with every heartbeat. It will vary usually by about 30mmHg on the top number and 20mmHg on the bottom number. An occasional high result is nothing to worry about.

Do calculate the average, or get someone else to do this if you cannot. It saves a lot of time for the GP looking at the results which will be spent dealing with other tasks.

Do let us know if you would be happy for us to send you a text message with our opinion about the results. We may also add a message to your prescription.

When to take action and what to do:

Upper (systolic)	Lower (diastolic)	Action	Timescale
220 or above	120 or above	Phone us or 111	IMMEDIATELY
Frequently over 200 (less than 220)	Frequently over 110 (less than 120)	Telephone appointment with GP	Within a week
Usually 180-200	Usually 100-110	Routine GP appointment	Within a month

Home Blood Pressure Monitoring.

Home blood pressure readings are more accurate than ones done in the surgery, and help us not to over-treat patients whose blood pressure goes up when they come in to see us.

It is best to:

- 1) Sit down to take your blood pressure.
- 2) Take your blood pressure twice each time, a minute apart, and record both readings.
- 3) Do readings twice a day, morning and evening.
- 4) Four days is a minimum requirement, seven days is best. We need at least 14 readings.

Please hand in the readings to your GP surgery. **Please calculate the average** if you can do this as it saves us a lot of time.

If you do not have a home monitor you can still make an appointment with the nurse.

All patients treated for blood pressure need blood pressure monitoring **every six months**, and a **blood test once a year** (month of birthday).

Please turn over to record your results: