

Collingwood Health Group

Home Blood Pressure Monitoring

Patient Information Leaflet

What does home blood pressure monitoring involve?

Home blood pressure monitoring involves you taking your blood pressure twice a day over 7 days, rather than the 'one-off' measurement we take in the surgery. BP machines are available to buy. Those recommended by the British Hypertension Society are listed www.bhsoc.org/bp-monitors/bp-monitors. We do not advocate use of wrist BP devices only those that fit around the top part of your arm. Please ensure when you buy your machine you buy an appropriate size cuff.

Why measure blood pressure for a week?

Your blood pressure naturally rises and falls during the day as well as when you are active. Also blood pressure may go up when you visit the doctor's surgery or hospital. The "one-off" measurements in the clinic may not accurately reflect your real blood pressure throughout the day. Home monitoring helps to assess your blood pressure more accurately as you go about your routine day, so we can be really sure whether you have high blood pressure or not.

How to measure home blood pressures?

If you have recently bought a BP machine then try it out for a few days so you are confident how to use it.

Please ensure you have the **CORRECT CUFF SIZE** for your machine and arm.

1. Always take your BP while sitting down.
2. Sit quietly (for 5 minutes before) and whilst taking the reading.
3. Take your BP in both arms, use the arm which gives the highest readings for future measurement.
4. Rest your arm on a table with the cuff at the level of your heart.
5. Make sure your sleeve is loose and pushed well up your arm.
6. Place the cuff in the position shown in the operation manual with your BP machine.
7. Make sure you have an empty bladder.
8. Do not cross your legs.
9. Do not talk whilst your BP is being assessed.
10. Repeat steps 4-9 allowing at least 1 minute between readings.
11. Record the lower reading on BP sheet.

How often should I take my BP?

One reading, morning and night between 8:00 a.m. – 10:00 p.m. for 7 days. It does not have to be fixed times of day. Remember we are trying to get a good feel for your BP across the day. Avoid taking your BP within the first 30 minutes of arising in the morning.

What should I do with the readings?

Please record these on the BP sheet provided (further supplies available from reception) by writing down the top figure followed by the lower one. Please post or drop these readings into the surgery once the form is completed.

What happens next?

We will take an average of your readings and also add a fudge factor onto this average to reflect the fact that we know your BP will naturally be a little lower at home compared with in the surgery. All the trials done in high BP are all done in the clinic/surgery environment not in patients' homes, so we need to add the fudge factor to accommodate for that.

If your blood pressure is too high/low we will ring you / ask you to come in to see a clinician to discuss how we can change this.

How often should I have BPs done?

Once in the target range we will ask you to check you BP every 6 months. If you need your medicines altered we will ask you to repeat your BP in 1 month.

Why is Blood Pressure so important?

It is important that blood pressure is brought under control as increased blood pressure puts you at risk of heart attacks, strokes, damage to your kidneys or eyes. By reducing your blood pressure to target range we can reduce your risk of going on to develop a heart attack or stroke by 25% (one quarter). If you stop your blood pressure medication your risk will go back up as soon as your blood pressure increases. It is important that if you are going to take blood pressure medication that you do so regularly.

Shirley C Simpson (Pharmacist Practitioner)
July 2014

Home BP Measurements

You have been asked to record your blood pressure readings. You should do this twice a day for 7 days then bring the machine and this slip back and hand it to Reception.

Name:

Address:

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Date of Birth:

Date	1 st Reading	2 nd Reading
//___	/	/
//___	/	/
//___	/	/
//___	/	/
//___	/	/
//___	/	/
//___	/	/

Average BP including 5/5 adjustment:

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Entered on EMIS: Date:

THANK YOU

Shirley C Simpson
July 2014