**Goring & Woodcote Medical Practice**

**Home blood pressure monitoring**

**Name: Date of Birth: EMIS:**

* **Who should be using this?**
	+ **Patients who have presented to their GP with a blood pressure between 140/90 and 180/110 that have been measured on 2 occasions during a single consultation.**
* **How do I use the machine?**
	+ **Ensure you are sat down**
	+ **Place the cuff on the same arm on each occasion. The green strip should be facing down i.e. closest to your wrist and in the middle of the fold of your elbow**
	+ **Press the start button**
	+ **Repeat after 1 minute and again after another minute**
	+ **Record the lowest of the 2 readings**
	+ **Repeat twice a day**
	+ **We would ideally like 14 readings (one recording twice a day for 1 week)**
	+ **Enter into the table below**

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| **Home Readings** |
| **Morning** |  | **Evening** |
| **Systolic** | **Diastolic** | **Systolic** | **Diastolic** |
| ***e.g. 140*** | ***90*** | ***140*** | ***90*** |
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**……………………………………………………………………………**

*Staff use only*

* *Discard readings from the first day*
* *Please average the remaining 12 readings for systolic and diastolic*
* *No history of hypertension*
	+ *If less than 135/85 no formal follow up needed*
	+ *If more than 135/85 follow hypertension protocol for next step*
* *History of hypertension*
	+ *If 80 years or over and >145/85 or…*
	+ *If under 80 years and >135/85 to make f/u appointment*

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| **Average** |
| **Systolic** | **Diastolic** |
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