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## Home Blood Pressure Monitoring

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In England, there are over eight million people diagnosed with hypertension (high blood pressure).

A blood pressure test is a simple way of checking if your blood pressure is too high or too low.

Home blood pressure monitoring (HBPM) enables patients to measure and share their blood pressure readings with their GP from their home. Previously they may have visited their GP or pharmacy to do this.

If you have been asked to complete HBPM or should you wish to complete HBPM, please use the attached form to record your blood pressure readings and return the form to the Meads Medical Centre. You can drop this in to the surgery or email:

**[hwlhccg.themeads@nhs.net](mailto:hwlhccg.themeads@nhs.net)**

Please make sure to include "HBPM readings" in the subject line.

### **Instructions**

In order to make sure your blood pressure readings are as accurate as possible, please read the following advice prior to starting:

- Make sure your device is validated (see [www.bhsoc.org](http://www.bhsoc.org)), and that you are using the correct cuff size for your arm
- Try to take your blood pressure in the same environment each time where possible, when you are relaxed, and seated quietly with your arm outstretched and supported
- Please record your blood pressure twice daily, morning and evening
- For each reading please take two consecutive readings, at least one minute apart
- Ideally, this should be done for seven days
- You are said to have high blood pressure if readings on separate occasions consistently show your blood pressure to be 135/85 or higher at home or greater than 140/90 at the surgery
- If you have kidney disease, diabetes or a condition which affects your heart and circulation, your target blood pressure should be below 130/80

## **Further Information**

The following information may be of interest regarding things you can do in your everyday life to prevent high blood pressure, and is taken from the website 'NHS choices'.

Having high blood pressure can be prevented by eating healthily, maintaining a healthy weight, taking regular exercise, drinking alcohol in moderation and not smoking.

### **Diet:**

Cut down on the amount of salt in your food and eat plenty of fruit and vegetables. Salt raises your blood pressure. The more salt you eat, the higher your blood pressure. Aim to eat less than 6g of salt per day which is about a teaspoonful.

Eating a low fat diet which includes lots of fibre (such as wholegrain rice, bread and pasta) and plenty of fruit and vegetables helps lower blood pressure. Fruit and vegetables are full of vitamins, minerals and fibre that keep your body in good condition. Aim to eat five 80g portions of fruit and vegetables every day.

### **Alcohol:**

Regularly drinking alcohol above the levels recommended by the NHS will raise your blood pressure over time. Staying within these recommended levels is the best way to reduce your risk of developing high blood pressure. Men and women are advised not to regularly drink more than 14 units a week. Spread your drinking over three days or more if you drink as much as 14 units a week.

Alcohol is also high in calories, which will make you gain weight. This will also increase your blood pressure.

### **Weight:**

Being overweight forces your heart to work harder to pump blood around your body, which can raise your blood pressure. Find out if you need to lose weight using the NHS BMI healthy weight calculator. If you do need to shed some weight, it is worth remembering that just losing a few pounds will make a big difference to your blood pressure and overall health.

### **Exercise:**

Bring active and taking regular exercise lower blood pressure by keeping your heart and blood vessels in good condition. Regular exercise can also help you lose weight, which will also help lower your blood pressure.

Adults should do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity (such as cycling or fast walking) every week. For it to count, the activity should make you feel warm and slightly out of breath. Someone who is overweight may only have to walk up a slope to get this feeling. Physical activity can include anything from sport to walking and gardening.

**Smoking:**

Smoking doesn't directly cause high blood pressure, but it puts you at much higher risk of a heart attack and stroke. Smoking, like blood pressure, will cause your arteries to narrow. If you smoke and have high blood pressure, your arteries will narrow much more quickly and your risk of heart or lung disease in the future is dramatically increased.

Please ask any practice staff for information on how to get free help to quit smoking.

**Caffeine:**

Drinking more than four cups of coffee a day may increase your blood pressure. If you are a big fan of coffee, tea or other caffeine-rich drinks (such as cola and some energy drinks) consider cutting down. It is fine to drink tea and coffee as part of a balanced diet, but it is important that these drinks are not your only source of fluid.

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Date: \_\_\_\_\_

			Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>DATE</b>									
<b>MORNING</b>	1	Systolic							
		Diastolic							
		Pulse							
	2	Systolic							
		Diastolic							
		Pulse							
<b>EVENING</b>	1	Systolic							
		Diastolic							
		Pulse							
	2	Systolic							
		Diastolic							
		Pulse							

Current blood pressure medication:

AVERAGE BLOOD PRESSURE:
<i>Overall average – excluding Day 1</i>