



Being diagnosed with Hypertension (high blood Pressure)

If you have been advised by one of our medical team that you have Hypertension (raised blood pressure) you are probably aware that annually the practice will check your Blood Pressure as too high blood pressure can be dangerous and will put you at risk of complications like heart disease and stroke. Ongoing monitoring of blood pressure is important to make sure yours is within the recommended levels. Is it very beneficial to monitor your blood pressure at home as often this gives a more accurate reading than one in clinic and therefore you may consider purchasing your own BP Monitor. Please see information via the following link:

<https://www.bhf.org.uk/information-support/heart-matters-magazine/medical-tests/blood-pressure-measuring-at-home>

When advising the practice of your Home BP readings we ask for you to record your own readings over a 7 day period, morning and evening and note these on the form overleaf. This should then be forwarded to our email account: darwen.healthcare@nhs.net which is then reviewed by the Nursing Team and your GP. Once reviewed you will be contacted by a member of the nursing team and the results explained.

Whilst we are benefiting from the success of the Covid Vaccination program we are still advising caution and where possible remote monitoring of BP reduces chances of transmission of infection. If you do not have your own BP machine we have a supply that have been kindly donated by Darwen Council that can be loaned for the 7 day test period, When returned these are thoroughly cleaned and the calibration checked before being loaned to the next patient.

If you do have any questions please contact darwen.healthcare@nhs.net and in the subject line type: Attention of the Nursing Team, BP Monitors and type your message.

We prefer the form is completed online by downloading a digital copy from https://www.darwenhealthcare.co.uk/_common/getdocument/133559 and emailed to the surgery as the average reading will be automatically calculated. If you are unable to complete online you can complete this copy handwritten and send to the surgery or drop at reception

Home Blood Pressure Diary

Name:

DOB:

Address:

Arm used: Left Right place X in Box

Please monitor and record your blood pressure at home for 7 consecutive days (unless you have been advised otherwise). On each day, monitor your blood pressure on two occasions- in the morning (between 6 am and 12 noon) and again in the evening (between 6 pm and midnight). On each occasion take a minimum of two readings, leaving at least a minute between each. If the first two readings are very different, take 2 or 3 further readings. Please record anything that may have affected your reading e.g. unwell, change in medication etc.

Date of Starting the Tests DD/MM/YY

Please always start in the morning

Date	Time	Systolic (Top figure)	Diastolic (Bottom Figure)	Notes
Day 1 Morning				
Day 1 Evening				
Day 2 Morning				
Day 2 Evening				
Day 3 Morning				
Day 3 Evening				
Day 4 Morning				
Day 4 Evening				
Day 5 Morning				
Day 5 Evening				
Day 6 Morning				
Day 6 Evening				
Day 7 Morning				
Day 7 Evening				
Average for 7 Days				

Please note that the average figure will only be calculated correctly if all readings are entered online for 7 days

When complete please send to darwen.healthcare@nhs.net or print out a copy to take with you to your appointment