

Tutbury Practice

Blood Pressure Monitoring

Home Recording

Please remember to complete your name and date of birth below. If we do not have these details we will not be able to record the readings on your medical record

Patient details	**Please complete in BLOCK CAPITALS																																
First name																																	
Last name																																	
Date of birth	D	D	/	M	M	/	Y	Y	Y	Y																							

It is best to record your blood pressure in the morning after you wake up and in the evening before you go to bed. Try to take the readings at the same times each day. If you are taking blood pressure medication this will not affect the readings.

	Morning BP reading		Evening BP reading	
	High figure (systolic)	Low figure (Diastolic)	High figure (systolic)	Low figure (Diastolic)
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				

Do you smoke	Yes	No	If you smoke would you like help to stop?	Yes	No
On average, how much alcohol do you drink per week?	1 unit = 1 small glass of wine <i>or</i> 1 half pint of beer/larger <i>or</i> 1 measure of spirit			Enter units above	

For practice use only				
QOF Registered?	YES	NO	Date entered on P/T record	
Average Readings	SYSTOLIC		DIASTOLIC	

Why have I been asked to measure my blood pressure at home and what do I need to do?

- During a recent visit to the doctor or your Pharmacy, your blood pressure may have been found to be unexpected high.
- You may be able to borrow a blood pressure monitor from the practice if one is available. Comprehensive instructions for use are provided with the monitor. You can use your own monitor if you have one.
- You will be asked to take your blood pressure readings twice each day, for seven days. If you can, take the readings once in the morning and once in the evening (unless you have been given different instructions by the doctor). If you are on blood pressure medication this will not affect the readings.
- Enter the readings from the monitor on the table overleaf. The numbers you write down should be the same as they appear on the monitor screen. The larger number is your **SYSTOLIC** reading and the smaller number is the **DIASTOLIC** reading.
- After you have recorded your blood pressure readings, this form should be returned to the practice where a doctor or member of the nursing team will review the readings and will be able to assess if you have high blood pressure or not. The doctor will then decide if treatment is required.
- If you borrowed a blood pressure monitor from the practice, please return it at the same time as you return your form. If you are unable to do that please return the monitor as soon as you are able.



Points to remember when taking your blood pressure.

- You will need to wrap the cuff of the machine around the bare skin of your arm. You might need to remove some clothing to allow you to do this.
- If you have difficulty taking your blood pressure, You can ask a friend or relative for help.
- If you have been exercising or have just returned from a stressful journey, please **wait for at least 30 minutes before taking your blood pressure.**
- If you have drunk anything containing caffeine, eaten a heavy meal or have been smoking, please **wait for at least 30 minutes before taking your blood pressure.**
- When you are ready to take the reading, uncover your arm and sit quietly for at least 5 minutes with your back against a chair and your arm supported and at the level of your heart (see the diagram for example). Remember, you will need to wrap the cuff of the machine around the bare skin of your arm.
- Don't talk while taking your blood pressure.

REMEMBER: make sure you have completed your name and date of birth on the front of this form where indicated. If we do not have those details we will not be able to record these readings on your medical record.

If you have been lent a Blood Pressure Monitor, please return it by the date shown below.

Date to return BP monitor	
BP Monitor Asset Number	