

The Colne Practice

Colne House Surgery, 99A Uxbridge Road
Rickmansworth, Hertfordshire WD3 7DJ
Tel: 01923 776295 Fax: 01923 777744

Hypertension Measurement

Name: Date of Birth:

Date:

Your blood pressure has been noted to require further monitoring. Please see overleaf for important information about why we need to monitor your blood pressure.

Please measure your blood pressure as outlined below, record on the table provided and return to:

Dr

- Measure your blood pressure twice a day for 7 days (or at least 4 days), ideally in the morning and evening.
- Take 2 consecutive measurements each time at least one minute apart, whilst seated, and record the lowest on the table below.
- Discard the first day's readings and then average those for the remaining days and record this at the end of the table.
- Current guidance advises average home readings < 135/85.

	DATE	MORNING	EVENING
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			
Average blood pressure days 2 - 7			

Preferred contact telephone number(s):

Tel:

Mobile:

WHY WE ARE CHANGING THE WAY WE MEASURE BLOOD PRESSURE?

Medical studies have shown that blood pressure may be artificially raised when patients see a doctor or nurse. This is called the 'white coat' effect.

The National Institute for Health & Clinical Excellence (NICE) issued guidance in 2010 to say that:

- home blood pressure readings are essential before diagnosing hypertension.
- home blood pressure readings can be used instead of clinic monitoring for stable patients.

WHAT HAPPENS NOW?

Most patients will be suitable for 'home blood pressure monitoring'. This will involve taking blood pressure readings twice a day for a week - full instructions can be found overleaf. Some patients will require a different test called '24 hour ambulatory blood pressure monitoring', where a monitor is strapped to your arm for 24 hours to obtain multiple readings. The doctor or nurse will provide you with additional information if this is necessary.

BUYING YOUR OWN MONITOR

Most pharmacies will be able to advise you on buying a blood pressure monitor. They can also be bought online and delivered to you at home. It is best to have a monitor that is recommended by the British Hypertension Society – visit their website: <http://www.bhsoc.org/bp-monitors/> for a list of recommended monitors.