# Home Blood Pressure Readings

This is for people who aren’t known to have raised blood pressure, to check if their blood pressure is high. It should be done after having repeated readings in the surgery higher than 140/90.

## When to Measure

Take readings over 7 days

For each day, take

2 readings in the morning

2 readings in the evening

Leave at least 1 minute between consecutive readings

Each reading has 2 numbers, a high number and a low number. Record both.

Record your readings below.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Day | 1st Morning Reading | | 2nd Morning Reading | |  | 1st Evening Reading | | 2nd Evening Reading | |
|  | High  Number | Low  Number | High  Number | Low  Number |  | High  Number | Low  Number | High  Number | Low  Number |
| 1 |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |  |

## Calculate Average

You can give the form in once you’ve completed the top bit, or you can calculate the average yourself.

If you want to calculate it yourself:

1. Do not include 1st day (shaded area)

2. Take average of “high number” readings and enter it below.

|  |  |
| --- | --- |
| Average High Number: |  |

If this is **above 135**, your GP needs to know.

3. Take average of “low number” readings and enter it below.

|  |  |
| --- | --- |
| Average Low Number: |  |

If this is **above 85,** your GP needs to know.

|  |  |  |  |
| --- | --- | --- | --- |
| Reception Checklist | |  |  |
| 1 | Check reading > 180/110? | Yes | Inform duty doc before patient leaves (on call list) |
|  |  | No | next step |
| 2 | Check: reading >140/90 in reception? | Yes | Go next step |
|  |  | No | Record BP in notes, stop further action |
| 3 | Check: already has hypertension? | Yes | send task to GP with BP, no further action |
|  |  | No | Next step |
| 4 | Had 2 readings separate days >140/90 | Yes | Give "Home BP" leaflet |
|  |  | No | record BP and ask them to come back another day |

