



How to proactively manage your High blood pressure


Patient Participation Group
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What is blood pressure?

- Blood pressure is the amount of force your blood placed against the walls of your arteries.
- The larger number (systolic blood pressure) is the pressure against the vessel wall when the heart beats and pumps the blood into the vessel.
- The smaller number (diastolic blood pressure) is the pressure against the vessel wall when the heart is at rest.



Hypertension or high blood pressure

It can happen to any of us

You may feel fine but...



Possible complications of hypertension or High blood pressure

The lower your blood pressure, the lower your risk of developing complications like strokes, heart attacks and kidney and eye problems.

The normal target is below 140/80.

If any of your kidney tests are abnormal it is advisable to aim for a lower blood pressure of at least 130/80.



You can help reduce your blood pressure by

- Being more active
- Losing weight
- Eating more fruit and vegetables
- Drinking less alcohol
- Eating less salt
- Taking blood pressure medication as prescribed
- Checking blood pressure regularly



What are the benefits of monitoring my blood pressure at home?

Measuring your blood pressure at home while you go about your everyday life can help to give you and your doctor/nurse a more accurate picture of your blood pressure over time.



What type of monitor should I use to take my blood pressure at home?

Automatic, upper-arm monitor: You should choose an automatic blood pressure monitor (as these are the easiest to use) that measures your blood pressure at your upper arm.

It is important that you do **not check your blood pressure too often** or become stressed and worried about your readings, as this could in fact make your blood pressure higher.

Blood pressure naturally rises and falls throughout the day, so it is completely normal for your blood pressure readings to **vary slightly**.

What type of monitor should I use to take my blood pressure at home?



| Manufacturer | Model | Type | Validated by |
|-------------------|--|-----------|--------------|
| Under £50 | | | |
| Kinetik Wellbeing | WBP1 (Derivative of Transtek TMB-1491) | Upper Arm | Independent |
| A&D | UA-704 | Upper Arm | Independent |
| A&D | UA-705 | Upper Arm | Independent |
| Andon | iHealth Track KN-550BT (Derivative of Andon KD-5917) | Upper Arm | Independent |
| Braun | BP VitalScan Plus 1650 | Wrist | Independent |
| Citizen | CH 656C | Wrist | Independent |
| Citizen | CH 432B | Upper Arm | Independent |
| Health & Life | HL888HA | Upper Arm | Independent |
| HoMedics | BPW 1000 (Derivative of Transtek TMB-988) | Wrist | Independent |
| HoMedics | BPA 2000 (Derivative of Transtek TMB 986) | Upper Arm | Independent |
| Honsun | LD 578 | Upper Arm | Independent |
| Honsun / Suresign | LD 3 (Derivative of LD 578) | Upper Arm | Independent |
| Microlife | BPA3 (Derivative of BP 3BTO-A) | Upper Arm | Independent |
| Microlife | BP3AG1 (Derivative of 3BTO-A) | Upper Arm | Independent |
| Microlife | W2 Slim | Wrist | Independent |
| Seinex (Forecare) | SE-9400 | Upper Arm | Independent |
| Under £100 | | | |
| Omron Healthcare | M2 Compact (HEM-7102-E) | Upper Arm | Independent |



How to check your Blood Pressure Using Automated Monitors I

- ▶ You should not smoke, have a drink containing caffeine (such as coffee) or exercise for **30 minutes** before you take your blood pressure reading.
- ▶ You should also avoid measuring your blood pressure when you need to use the **toilet**.
- ▶ It is important that you always measure your **blood pressure in the same arm**. You should use the arm which your doctor or nurse uses when they take your blood pressure, or whichever arm they ask you to use.
- ▶ **Do not wear any tight or restrictive** clothing around the arm you are measuring your blood pressure in. For example, you should avoid rolling up tight shirt sleeves.
- ▶ You should **rest for at least five minutes** before measuring your blood pressure
- ▶ The arm should be supported at the **level of the heart, resting on a cushion, pillow or arm rest**.



How to check your Blood Pressure Using Automated Monitors II

- ▶ Make sure that you are **sitting down** when taking your blood pressure readings and that you have both of **your feet flat on the floor**. You should **not cross your legs** as this can raise your blood pressure.
- ▶ Place the cuff on neatly **2cm above the brachial artery** and aligning the 'artery mark'.
- ▶ Use the **correct cuff size** recommended by the manufacturer of the monitor
- ▶ Repeat **2-3 times** and record measurement as displayed. Initially test blood pressure in **both arms and use arm with highest reading for subsequent measurement**
- ▶ Readings leaving at **least a minute between** each. If the first **two readings you take are very different, take 2 or 3 further readings**



Proactively monitoring/managing your blood pressure with Hypertension Plus I

- As Blood pressure fluctuated during the day, it is important to take a series of blood pressure readings rather than a single readings.
- Hypertension plus helps you to manage your blood pressure together with your doctors
- This the hypertension plus App on your phone, once per month you will be invited to submit a full week of measurements at home taking in the morning and the evening with your home Blood pressure monitor
- All patients with treated hypertension have been offered on the programme



Proactively monitoring/managing your blood pressure with Hypertension Plus II

- ▶ Then you need to record the readings on the App which will be shared with the surgery
- ▶ At this stage the surgery can assess if you are on the best treatment for your blood pressure, if any change is needed you will be notified by the app
- ▶ The app can also give you handy reminders about taking your medication



References

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