

GUDGE HEATH LANE SURGERY- BLOOD PRESSURE HOME MONITORING

High blood pressure (hypertension) is a common problem and there is overwhelming evidence to support the benefit of lowering high blood pressure to reduce your risk of stroke, heart disease and death.

It is often the case that blood pressure can be higher in the Surgery than at home and therefore home readings tend to be a more realistic representation of your blood pressure. An average home blood pressure of 135/85 or less is normal.

Blood pressure machines can be purchased, however can vary in reliability. We would recommend buying one from the list of validated machines by the British Hypertension Society <http://www.bhsoc.org>. Please remember a large cuff will be needed if you have a large arm.

Record your blood pressure on the chart below at the same times in the morning and evening for 7 consecutive days, with 2 readings on each occasion, at least 1 minute apart. Once completed, return your chart to the Surgery for your GP to review.

NAME:

DATE OF BIRTH:

Day	Date		Morning		Evening	
			Systolic	Diastolic	Systolic	Diastolic
Example	01/12/2016	1 st reading	146	86	154	84
		2 nd reading				
1		1 st reading				
		2 nd reading				
2		1 st reading				
		2 nd reading				
3		1 st reading				
		2 nd reading				
4		1 st reading				
		2 nd reading				
5		1 st reading				
		2 nd reading				
6		1 st reading				
		2 nd reading				
7		1 st reading				
		2 nd reading				

The Practice's policy is to give advice to all patients that smoking is harmful to your health and recommends all smokers quit. For further advice and help please visit the Practice website, your local Pharmacy, www.nhs.uk or www.quit4life.nhs.uk