

WEOBLEY AND STAUNTON ON WYE SURGERIES					
BLOOD PRESSURE RECORD					
Date	Time	Sys	Dia	Pulse	Remark

Before Taking a Measurement
 Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes and rest for 15 before starting the measurement. Avoid taking a measurement during stressful times. Take the measurement in a quiet place.

Body Position
 Remove tight-fitting clothing from your upper arm.

Sit in a chair with your feet flat on the floor and place your arm on a table so that the cuff will be at the same level as your heart.

Hold the cloth closure on the cuff with your other hand.

Turn the palm of your hand upward. Apply the cuff on your upper arm.

Align the marker on the cuff over the brachial artery on the inside of the arm. The cuff tube should run down the centre of the arm even with the middle finger. The bottom of the cuff should be approximately ½ - 1 inch above the elbow.

Secure the cuff around your arm using the cloth closure. Make sure the cuff is wrapped firmly in place.

Relax your arm and place your elbow on the table so that the cuff is at the same level as your heart.

Please take 2 readings a day (am and pm) for at least 7 days

STOP

IF the readings are above target please send them in BUT also make an appointment with a Dr for a telephone review

Name:

Date of Birth:

Usual Doctor.....

Please take at least **10** blood pressure readings.

Unless you have been told otherwise your target BP over an average of 10 or more readings is:

Hypertension or Cardiovascular disease (Stroke/TIA/Angina/Heart attack) aged 79 or below = 140/90.

Hypertension or Cardiovascular aged 80 or over = 150/90.

Diabetes or Kidney disease =140/80.

If the average of 10 readings is under these targets there is no need to be seen until we call you.

Work out the average of all the top ("systolic ") readings as one figure

(write it here) _____ *

And the average of all the bottom ("diastolic") readings as another

(write it here) _____ *

IMPORTANT: Please do not give this form to reception if either reading is higher than the target, please just make an appointment with a Dr for a telephone consultation.

(You can ignore the pulse rate which usually comes as a third figure after the blood pressure readings)

If you are not sure how to work out your average BP, please send in your readings to reception, together with this form, and they will let you know if you need to see the doctor.

Thank you

Note for receptionist: If BP averages (marked *) are under target please enter the reading on the computer send a practice note to the Doctor with the average reading. If the BP averages are over target, please enter the reading in the Patient's notes and book the patient in for a telephone call appointment.