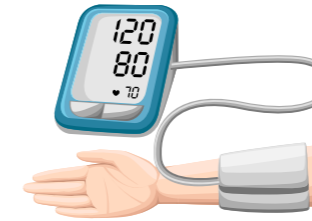


Know, Record, Share

A roadmap for patients measuring their blood pressure at home



Step 1:

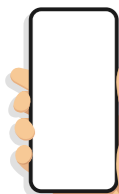
You have been selected to take part in the Home Blood Pressure Monitoring program as a raised blood pressure reading has been noted when you recently attended a GP practice or hospital.

Step 2:

Your clinician will ensure your pulse is regular and demonstrate how to use home blood pressure monitor. You will then sign the loan form and be given the blood pressure recording sheet.

Step 3:

After the agreed period, you can either make an appointment with a clinician to handover the monitor and discuss your blood pressure readings. Alternatively, you can fill in an e-consultation form on your practice website, marked for the attention of the clinician, including the readings and deposit the monitor at the practice front desk.



Step 4:

Your clinician will work out the average of your readings and will be in touch with a plan of action along with a reminder of lifestyle advice.