

# Know, Record, Share

## A roadmap for patients on the Home Blood Pressure Monitoring pathway

### Step 1:

Patients presenting with a blood pressure of 140/90 mmHg or higher when measured in a clinic setting, should have blood pressure checked after 5 minutes. If it remains >140/90, patients can be offered home blood pressure monitoring.

### Step 3:

After the agreed period, patient can either make an appoint with HCA/nurse to handover monitor and discuss BP readings or fill an e-consultation on practice website for the attention of the HCA/nurse with the readings and drop the bp monitor at the front desk.

### Step 5:

Returned equipment must be cleaned, checked and ensured in good condition before handing to the next patient.

### Step 2:

Clinician to ensure pulse is regular, demonstrate use of HBPM, get loan form signed and give the BP recording sheet for monitoring over 1-2 weeks, mostly one week.

### Step 4:

Admin/nurse will work out the average of the readings and can either ring or text patient the plan of action along with a reminder of lifestyle advice. If changing treatment it is better to ring the patient.

