**BENNFIELD SURGERY**

**Choosing a blood pressure monitor**

* Blood pressure monitors are readily available both online and in high street chemists
* If buying a blood pressure monitor, make sure it is one which measures your blood pressure on your upper arm, not your wrist or finger
* Ensure that your blood pressure monitor is approved for use in the UK and validated by the British and Irish Hypertension Society (BIHS)
* Make sure the cuff is the right size and fits snuggly around your upper arm with just enough room to slide two fingertips underneath (most pharmacies will measure your arm to get the correct cuff size if necessary)

**How to measure your blood pressure at home**

* Keeping a blood pressure diary over a week and taking readings twice a day gives the best idea of your average
* Take your blood pressure around the same time in the morning and evening
* Take your blood pressure after your medications, after sitting calmly for a few minutes and not after caffeine or smoking
* Place the cuff on your upper arm and rest your hand on your knee or something nearby
* Press the button to inflate the cuff and avoid talking or crossing your legs, as this can falsely raise your blood pressure

There is a British Heart Foundation YouTube video demonstration of how to take your blood pressure on the following link: <https://www.youtube.com/watch?v=mfwBpBXUYHs&ab_channel=BritishHeartFoundation>

**Which blood pressure readings to record**

* Record your blood pressure 3 times with a 1-minute rest between readings
* Only make a note of the lowest of the three readings in the blood pressure diary
* Do this morning and evening, recording only the lowest of the sets of three readings in the blood pressure diary

**Useful websites**

NHS information about high blood pressure

<https://www.nhs.uk/conditions/high-blood-pressure-hypertension/>

British Heart Foundation advice on managing blood pressure at home

<https://www.bhf.org.uk/informationsupport/support/manage-your-blood-pressure-at-home>

Information about blood pressure

<http://www.bloodpressureuk.org/>

**BLOOD PRESSURE DIARY**

|  |
| --- |
| Name: |
| Date of birth: |
| Start date of blood pressure diary: |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | | **Day 2** | | **Day 3** | | **Day 4** | | **Day 5** | | **Day 6** | | **Day 7** | |
|  | Morning | Evening | Morning | Evening | Morning | Evening | Morning | Evening | Morning | Evening | Morning | Evening | Morning | Evening |
| Systolic  (top number) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Diastolic  (bottom number) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pulse  (heart rate) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

diastolic

systolic

Average blood pressure

Once you have completed your blood pressure diary, please return your results to reception either by post, by hand, or by email to: [cwicb.bennfieldreception@nhs.net](mailto:cwicb.bennfieldreception@nhs.net)