**Workflow readings to:**

* **Dr/Nurse \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **File to docman if within range \_\_\_\_ (tick)**

**Patient details/label**

**HOME BLOOD PRESSURE MONITORING RECORD**

If you wish to purchase your own BP Monitor please follow the link to the British & Irish Hypertertension Society for a list of validated BP Monitors <https://bihsoc.org/bp-monitors/for-home-use/>

FIRST FOLLOW THE LINK TO WATCH A DEMONSTRATION OF HOME BP MONITORING

<https://www.youtube.com/watch?v=GSNZVaW1Wg4>

Tips for avoiding common pitfalls of Home BP measurement can be found at the following link:

<https://www.youtube.com/watch?v=iEwqy3lzK0c>

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| --- | --- | --- | --- | --- | --- | --- |
| **DATE** | **TIME**  **am / pm** | **1st reading** | | **2nd reading** | | **NOTES** |
|  |  | **SYSTOLIC** | **DIASTOLIC** | **SYSTOLIC** | **DIASTOLIC** |  |
| **Example** | **9.00** | **144** | **80** | **138** | **76** |  |
| **Date:xxxxx** | **18.00** | **130** | **74** | **128** | **76** |  |

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**When using home blood pressure monitoring (HBPM)** **please ensure that**:-

* For each blood pressure recording, two consecutive measurements are taken, at least 1 minute apart and with the person seated
* Blood pressure is recorded **TWICE DAILY** – ideally in the morning & evening and for 7 days
* If BP > 200/110 or <85/55 please contact the surgery or NHS 24 for advice

* Readings can be emailed back to the surgery email box: [Fife-UHB.IMG@nhs.net](mailto:Fife-UHB.IMG@nhs.net)

**FOR OFFICE USE ONLY**

**RECEPTIONIST: Please forward / workflow this paper copy to:-**

**Christine Corner, Admin Office, Inverkeithing Surgery.**

**Home reading average /**

**Surgery equivalent /**