

Hypertension letter

Our records indicate that you have a medical condition that necessitates a regular blood pressure check and, to ensure that this is checked regularly, we are inviting you.

Abnormal blood pressure can lead to problems so we would encourage you to help us to prevent these by getting a blood pressure recording to us. There are several ways you can do this:-

1.You can go into a chemist and ask them to do your blood pressure for you (most chemists will do this for free although some may charge a small amount for this service).

2.You can buy a machine and follow the instructions enclosed in order for us to get a good recording of your blood pressure.

3.You can make an appointment with one of our Health Care Assistants to take your blood pressure for you. Blood pressure checks are required for a wide range of conditions and, because of this, you may have to wait some time for an appointment. The latest thinking is that it is much better for people to measure their own blood pressure at home, since this reflects what their blood pressure is day-to-day and is better than having it taken at the surgery.

Thank you for your understanding and for doing your best to help us to help you.

Monitoring your blood pressure at home

Taking your blood pressure is very simple. First, you need to have a reliable machine with an arm cuff (not a wrist one). We recommend the OMRON M2 basic model. However, pharmacies can provide advice on the purchase of and assistance in the use of these machines. When you first buy it, you can use it for a year without worrying about its accuracy. Each year, you should phone the manufacturer to check whether or not it needs to be calibrated. This is free for the first 3 years.

How to take your blood pressure

- Sit quietly and relaxed for 10 minutes
- Put the cuff around your upper arm (if we haven't told you which arm to use, then use either) and sit with your arm outstretched and supported
- Press the start button and relax
- Once the machine has finished, note the reading and continue sitting
- Redo the reading once 2 minutes has elapsed
- If the number on the next reading is significantly different (the larger number more than 10 or the lower number more than 5), then wait another 2 minutes and do it again. Continue this process until 2 consecutive readings are not significantly different
- Use the reading with the lowest figure as your blood pressure reading.

For more information see:

<http://www.bloodpressureuk.org/BloodPressureandyou/Thebasics/Homemonitoring>

Name:..... Date of birth:.....

I have followed the instructions above and my blood pressure reading was:

Top number (systolic)	Bottom number (diastolic)
.....

I know these readings are accurate because:

1. My machine is one recommended by the British Hypertension Society
(if in doubt about this check with your pharmacist)

2. My machine is less than one year old

OR

Within the last year I have checked with the manufacturer
whether my machine needs calibration or not

Both the above boxes need
to be ticked for us to accept
your readings as valid

OR

3. I had my blood pressure checked at a chemist and have entered the readings above