











Shared management plan to confirm whether or not patient has hypertension, following raised blood pressure reading



BLOOD PRESSURE READINGS taken by patient at home	RECOMMENDED ACTIONS (Always check your BP again if it is unusually high)
<p><u>Below 90/60 mmHg</u></p>	<p>ACTION - If your blood pressure is a bit low, but you are not dizzy or fainting or unwell, this may not be a serious problem. But if it is still as low as 85/55 an hour later or you are very dizzy or unwell, call a doctor urgently today to talk through your symptoms and agree if you need to be seen urgently.</p>
<p><u>Less than 135/85 mmHg</u></p> <p>Your blood pressure is under control when the top (systolic) measurement is less than 135 mmHg and the bottom (diastolic) measurement is less than 85 mmHg.</p> <p>We hope that your blood pressure readings will be below 135/85 mmHg when you take them at home.</p>	<p>Follow a healthy lifestyle.</p> <p>Eat sensibly – 5 portions of fruit and vegetables every day, and cut down on fat, sugar and salt </p> <p> Take plenty of exercise – half an hour walking each day, if you can.</p> <p> For alcohol, women should not drink more than 14 units per week or 3 units in one day, and men no more than 21 units per week or 4 units in one day.</p> <p>Keep your weight down, and aim for a body mass index of less than 25.</p> <p>If you smoke, think about stopping – ask your GP practice if you would like support. </p>
<p><u>No more than 170/105 mmHg</u></p> <p>Sometimes your blood pressure may be raised, and your reading may be as high as 170/105 mmHg.</p> <p>Although this is a high reading, it might settle without any further change to your medication if this is an unusual reading.</p> <p>If your blood pressure remains between 135/85-149/94 mmHg </p> <p>If it stays between 150/95 – 170/105 mmHg </p>	<p>Think if there is anything which might have made your blood pressure worse, and if you can identify it, take action to alter what has taken place. Were you angry or stressed? </p> <p>Wait and see if it settles and go for your next usual blood pressure review if it does.</p> <p>If not, make an appointment with your GP or practice nurse in the next few days.</p>
<p><u>Above 170/105 mmHg</u></p> <p>If your BP reading rises further: above 170/105 mmHg (that is above either 170 mmHg and / or 105 mmHg)</p> <p><i>Very high blood pressure could trigger a stroke, so it's important for a doctor to consider adjusting your medication as soon as possible to lower your blood pressure.</i></p>	<p>Stay calm, try some relaxation techniques. Just sitting still and thinking about your breathing can help to calm you down. Or think about a relaxing time you've had in the past (e.g. holiday, long soak in the bath). </p> <p>ACTION - If you repeat your blood pressure reading an hour later, and it's still as high, see your doctor or practice nurse who is supporting you within the next couple of days if it's just above 170/105 mmHg.</p> <p>ACTION - If your blood pressure reaches 175/105 mmHg, or even higher, and you confirm this is still as high one hour later, this is very high and you should contact a doctor urgently today. Phone your GP, or if it's at night or the weekend phone the out of hours urgent contact number, so they can agree with you when you should be reviewed.</p>

Blood pressure readings option if you want to write any down

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Some tips to make sure your blood pressure reading is accurate

Wear loose clothing.

Don't rush straight in from exercising or a stressful journey to take your blood pressure.

Do not have a drink containing caffeine, eat a heavy meal or smoke within the half hour before taking your blood pressure.

Sit quietly for at least 5 minutes with your back against a chair, and your arm supported, uncovered, at the level of your heart. You will need to wrap the cuff of the machine around the bare skin of your arm.

Don't talk while taking your blood pressure.

Take two measurements of your blood pressure, and if these are very different, take a third, recording the lower two.