



# Shared management plan Blood pressure control (patients without diabetes or CKD)\*



BLOOD PRESSURE READINGS taken by patient at home	RECOMMENDED ACTIONS (Always check your BP again if it is unusually high)
<b><u>Below 90/60 mmHg</u></b>	<b>ACTION</b> - 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 <b>85/55</b> 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 style="text-align: center;"><b><u>Less than 135/85 mmHg</u></b></p> <p>Your blood pressure is under control when the top (systolic) measurement is less than <b>135</b> mmHg and the bottom (diastolic) measurement is less than <b>85</b> mmHg.</p> <p>We hope that your blood pressure readings will be below <b>135/85</b> mmHg when you take them at home.</p>	<p style="text-align: center;"><b>Follow a healthy lifestyle.</b></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 style="text-align: center;"><b><u>No more than 170/105 mmHg</u></b></p> <p>Sometimes your blood pressure may be raised, and your reading may be as high as <b>170/105</b> 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 <b>135/85-149/94</b> mmHg </p> <p>If it stays between <b>150/95 – 170/105</b> mmHg </p>	<p> Keep taking the medication every day that your doctor has prescribed.</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 style="text-align: center;"><b><u>Above 170/105 mmHg</u></b></p> <p>If your BP reading rises further: above <b>170/105</b> mmHg (that is above either <b>170</b> mmHg and / or <b>105</b> mmHg)</p> <p style="color: red;"><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><b>ACTION</b> - If you repeat your blood pressure reading an hour later, and it's still as high, make an appointment to see your doctor or practice nurse within the next couple of days if it's just above <b>170/105</b> mmHg.</p> <p><b>ACTION</b> - If your blood pressure reaches <b>175/105</b> 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>

\* If you have Diabetes or Chronic Kidney Disease, check with your GP surgery, as they may want you to try and reach a lower blood pressure.

