

# CONTACT US

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# HOME BLOOD PRESSURE MONITORING

For patients with high blood pressure



# OUR ADVICE

- You have received this leaflet **because** of the **COVID-19** pandemic and because you are prescribed medication for **high blood pressure**
- We recommend you purchase a **blood pressure machine** to monitor your BP at home - we recommend a machine that fits around your upper arm.



## WHY

- You will be asked to provide your blood pressure readings at your annual blood pressure review appointment with the nurse.
- Please ensure you have an annual blood pressure review and annual blood tests.

# WHEN / HOW / FAQs?



- Check your readings twice a day, morning and evening for one week before your appointment. You should have 14 readings total.
- You can submit your readings to the surgery via phone. If you prefer to submit it by text, please ask the surgery to send you a text to which you can reply
- If your BP is above 180/120 please seek medical advice and speak to a doctor as soon as possible.
- If your BP is high and you have sudden chest pain, sweating, breathlessness or stroke symptoms (e.g. FAST - facial weakness, arm weakness, speech problems, Time to call 999) go to A & E or call 999.

# LIFESTYLE

”High blood pressure can be prevented or reduced by eating healthily, exercising regularly, and maintaining a healthy weight”\*

## 01

Smoking with high blood pressure causes arteries to narrow . This significantly increases your risk of heart attack and stroke.

Your local stop smoking services include:

**Blackburn With Darwen Wellbeing Service** - 01254 682 037

**Quit Squad - Lancashire Stop Smoking Service** - 0800 328 6297

## 02

NHS recommends at least 30 minutes of physical activity 5 days a week. Physical activity can be anything from sports, to walking and gardening.



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