

**Home Blood Pressure Monitoring (HBPM)**

**Patient Name:** **Full Name DOB:** **Date of Birth AGE****: Age**

**GP****: Requesting GP Name**

* Persistently high blood pressure (essential hypertension) is a major risk factor for heart attack, heart failure, dementia, stroke, kidney and peripheral arterial disease.
* For general advice on this topic please see <https://patient.info/heart-health/high-blood-pressure-hypertension>
* Home blood pressure readings provide a robust baseline for managing your care
* If you are on blood pressure medication, have diabetes, renal impairment or heart disease you should aim to submit readings every six months
* Take readings at rest each morning and evening for at least 4 days, preferably 7 days
* Videolink guide on how to take your own blood pressure <https://www.youtube.com/watch?v=GSNZVaW1Wg4>

**Please complete / circle:**

**\*Height (cm) ………………………\* Weight (kg)………………………… \*Ethnicity………………………………….**

**\*Do you smoke? Yes / No if so, how many per week ………………………………………………**

**\*Do you drink alcohol? Yes / No if so, how may units per week ……………………………………**

|  |  |  |
| --- | --- | --- |
| **Day 1 Date: ………………** | **AM** | **PM** |
| **DAY 1** |  |  |
| **DAY 2** |  |  |
| **DAY 3** |  |  |
| **DAY 4** |  |  |
| **DAY 5** |  |  |
| **DAY 6** |  |  |
| **DAY 7** |  |  |

|  |
| --- |
| **Target HBP reading** |
| **Age > 80y** 🞏 **115/60 <BP< 150/90**  **Default** 🞏  **115/60 <BP< 140/90**  **DM/CKD** 🞏  **115/60 <BP< 140/80** |

**Admin use only:** Use EXCEL protocol. Discard first day’s readings and average the remaining.

|  |  |
| --- | --- |
| **Average HBP reading** | **/** |

1. Scan to record
2. Code the following:
   * 1. 246 BP
     2. 3144446007 Average day interval systolic BP
     3. 314461008 Average day interval diastolic BP
3. If BP within above specified range – code ‘previous treatment continue’ (8B4)

If BP outside of above specified range forward to relevant clinician for review

**Admin \*Please code all QOF requirement indicators / offer smoking cessation /**