

## Blood Pressure – Shared Management Plan

BP readings taken at home are usually a little lower than readings taken in a clinical setting

Blood Pressure Readings taken by patient at home	Recommended Actions (Always check your BP again if unusually high or low)
<p><b>Readings below 100/40 mmHg</b> If your BP reading is below 100 (systolic – the first number) or 40 (diastolic – the second number) your blood pressure is lower than expected.</p> <p>If you are taking medication this may mean your treatment needs to be adjusted.</p> <p>If your upper reading is very low. Flo will ask you to take your blood pressure again. You may have simply made an error.</p>	<p><b>ACTION –</b> Take your BP again If the upper reading is still lower than 90 and you feel unwell, you should call your GP or out-of-hours service urgently. If you feel well you should contact the surgery on the next working day.</p> <p><b>In addition to this</b>, to help alleviate symptoms until your BP has stabilised :</p> <ul style="list-style-type: none"> <li>✓ Stand up gradually and avoid standing for too long</li> <li>✓ Avoid caffeine and limit your alcohol intake</li> <li>✓ Eat small frequent meals / increase your fluid intake</li> <li>✓ Wear support stockings</li> </ul>
<p><b>Readings between 100/40 and 134/84 mmHg</b> When taken at home your blood pressure is within the desirable range if the first number (systolic) is between 100 and 134 mmHg and the second (diastolic) is between 40 and 84 mmHg.</p> <p>Hopefully your blood pressure readings will be less than 135/85 mmHg when you measure them at home.</p>	<p><b>Advice</b></p> <ul style="list-style-type: none"> <li>❖ Do your best to follow a healthy lifestyle</li> <li>❖ Eat well – eat 5 portions of fruit and vegetables every day and cut down on fat, sugar and salt</li> <li>❖ Exercise – walk for half an hour each day if you can</li> <li>❖ Be mindful of your alcohol intake –it’s recommended that you drink less than 14 units of alcohol per week</li> <li>❖ Keep your weight down –aim for a BMI of 25 or below</li> <li>❖ If you smoke, think about stopping. Ask your GP practice if you would like support</li> </ul>
<p><b>Readings between 135/85 and 180/110 mmHg</b> If your blood pressure is higher than 134/84 when taken at home, it is above the desirable range. This may just be a one-off or it may indicate that your blood pressure is not well controlled.</p> <p>If the second number (diastolic) is between 85 and 100</p> <p>If your blood pressure is between 135/85 and 149/100 mmHg</p> <p>If your blood pressure remains between 150/100 and 180/110 mmHg having been well controlled</p>	<p><b>ACTION</b> If you have been prescribed medication, keep taking your tablets every day as prescribed. Think about what could have made your blood pressure go up e.g. were you angry or stressed? If you can identify it, take action to alter it</p> <p>→ This is not normally a cause for immediate concern</p> <p>→ Wait to see if your blood pressure settles. If not, and you do not have a review booked in the next 2 months, make an appointment with your GP or practice nurse.</p> <p>→ Make an appointment with your GP or practice nurse in the next few days</p>
<p><b>Above 180/110 mmHg</b> If your blood pressure reading rises above either 180 (systolic) or 110 (diastolic)</p> <p>If the upper number (systolic) of your blood pressure is above <b>200 mmHg</b></p> <p><i>Very high blood pressure could trigger a stroke so it's important to seek medical advice as soon as possible.</i></p>	<p><b>ACTION</b> Repeat your BP reading an hour later, and if it’s still as high, make an appointment with your GP or practice nurse within the next couple of days.</p> <p>Repeat your BP reading. If It’s still as high you <b>must seek medical advice urgently today</b>. Phone your GP surgery or your out-of-hours medical contact number.</p> <p>Stay calm, try some relaxation techniques. Just sitting still and thinking about your breathing can help to calm you. Or think about a relaxing time you’ve had in the past (e.g. a holiday or long soak in the bath)</p>