

# Home Blood Pressure Monitoring (HBPM)

**Patient Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

**GP:** \_\_\_\_\_

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 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 ..... \* Weight ..... \*Ethnicity.....

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

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

Date	AM	PM
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		

Target HBP reading				
Age > 80y	<input type="checkbox"/>	115/60	<BP<	145/85
Age < 80y	<input type="checkbox"/>	115/60	<BP<	135/85
DM/CKD	<input type="checkbox"/>	115/60	<BP<	135/85
<a href="https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#monitoring-treatment-and-blood-pressure-targets">https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#monitoring-treatment-and-blood-pressure-targets</a>				

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

<b>Average HBP reading</b>	<b>/</b>
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1. Add BP reading first
2. If BP in range – code BP (246) & 'previous treatment continue' (8B4) - *Do not use alternative BP codes.* Note 'HBPM' - If BP outside of range pass to relevant clinician for review
3. Add :
  - i. 3144446007 Average day interval systolic BP
  - ii. 314461008 Average day interval diastolic BP

**Admin \*Please code all QOF requirement indicators\***