

Westway Medical Centre Home BP monitoring (HBPM)

Patient Name:

DOB:

AGE:

GP:

- 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 twice a year
- Take readings at rest morning and evening for at least 4 days, preferably 7 days

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

Target HBP reading				
115/60	<BP<	[150/90]	Age > 80y	<input type="checkbox"/>
		[140/90]	Default	<input type="checkbox"/>
		[140/80]	DM/CKD	<input type="checkbox"/>

Admin use only -----

Use EXCEL protocol. Discard first day's readings and average the remaining.

Average HBP reading	/
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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

Clinical Advice:	Signature.....
No changes required: Code 'Previous Treatment Continue'	<input type="checkbox"/>
Letter to patient:	<input type="checkbox"/>
Repeat monitoring in [] months	<input type="checkbox"/>
Please make a telephone appointment with requesting GP	<input type="checkbox"/>
Please make a face to face appointment with a GP	<input type="checkbox"/>