



## Shared management plan to confirm whether or not patient has hypertension (opportunistically noted raised blood pressure)



**PATIENT NAME:** \_\_\_\_\_

BLOOD PRESSURE READINGS taken by patient at home	RECOMMENDED ACTIONS (Always check your BP again if unusually high)
<p><b><u>Less than 135/85 mmHg</u></b></p> <p>Your blood pressure is under control when the top (systolic) measurement is less than 135 mmHg and the bottom (diastolic) measurement is less than 85 mmHg.</p> <p>We hope your blood pressure readings will be below 135/85 mmHg when you take them at home.</p>	<div style="display: flex; flex-direction: column; gap: 10px;"> <div style="display: flex; align-items: flex-start;"> <ul style="list-style-type: none"> <li>✓ Follow a healthy lifestyle.</li> <li>✓ Eat sensibly – 5 portions of fruit and vegetables every day, and cut down on fat, sugar and salt</li> </ul> </div> <div style="display: flex; align-items: flex-start;"> <ul style="list-style-type: none"> <li>✓ Take plenty of exercise – half an hour walking each day, if you can.</li> <li>✓ Keep your weight down, and aim for a body mass index of less than 25.</li> </ul> </div> <div style="display: flex; align-items: flex-start;"> <ul style="list-style-type: none"> <li>✓ If you smoke, think about stopping – ask at the practice if you would like support.</li> </ul> </div> </div>
<p><b><u>No more than 170/105 mmHg</u></b></p> <p>Sometimes your blood pressure may be raised, and your reading may be as high as 170/105 mmHg.</p> <p>Although this is a high reading, it might settle if this is an unusual reading.</p>	<ul style="list-style-type: none"> <li>✓ Think if there is anything which might have made your blood pressure worse, and if you can identify it, take action to alter what has taken place.</li> <li>✓ Were you angry or stressed?</li> </ul> <p><b>Remember, your nurse will be in contact with you at the end of the week, to discuss the next steps, after they have looked at the blood pressure readings you have texted in.</b></p>
<p><b><u>Above 170/105 mmHg</u></b></p> <p>If your BP reading rises further: above 170/105 mmHg (that is above either 170 mmHg and / or 105 mmHg)</p> <div style="text-align: center; margin: 10px 0;"> </div> <p><i>Very high blood pressure could trigger a stroke, so it's important for a doctor to start your treatment as soon as possible to lower your blood pressure</i></p> <p><b><u>Below 70/50 mmHg</u></b></p> <p>Please note that if you send in a reading that is lower than an acceptable range, (e.g. you text 70/50 mmHg or lower), Flo will ask you to take your BP again.</p>	<div style="display: flex; flex-direction: column; gap: 10px;"> <div style="display: flex; align-items: flex-start;"> <ul style="list-style-type: none"> <li>✓ Stay calm. Try some relaxation techniques. Just sitting still and thinking about your breathing can help to calm you down. Or think about a relaxing time you've had in the past (e.g. holiday, long soak in the bath).</li> </ul> </div> <div style="margin-top: 10px;"> <p><b>ACTION</b> - If you repeat your blood pressure reading an hour later, and it's still as high, see your doctor or practice nurse who is supporting you in the next couple of days.</p> <p><b>ACTION</b> - If your blood pressure reaches 175/105 mmHg, or even higher, and you confirm this is still as high one hour later, this is very high and you should contact a doctor urgently today. Phone the surgery, or if it's at night or the weekend phone the out of hours urgent contact number, so they can agree with you when you should be reviewed</p> </div> <div style="margin-top: 10px;"> <div style="display: flex; align-items: center;"> <p>If it is still as low as this an hour later you should call a doctor urgently today and they can talk through any other symptoms you have and agree if you should be seen urgently</p> </div> </div> </div>

Recommended actions included here are only suggestions: doctors / practices are welcome to alter any details in these messages to suit their own protocols. Please note that Flo is set up to issue an automated alert to the patient and clinician if the systolic BP is  $\geq 200$ mmHg, or the diastolic BP is  $\geq 105$ mmHg)

## Personal high blood pressure action plan

Name		Date of birth ___/___/___
GP name		Phone number
Practice nurse name		



Blood pressure readings option if you want to write any down

Date	Time	Reading 1 mmHg	Reading 2 mmHg
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***Some tips to make sure your blood pressure reading is accurate***

Wear loose clothing.

Don't rush straight in from exercising or a stressful journey to take your blood pressure.

Do not have a drink containing caffeine, eat a heavy meal or smoke within the half hour before taking your blood pressure.

Sit quietly for at least 5 minutes with your back against a chair, and your arm supported, uncovered, at the level of your heart. You will need to wrap the cuff of the machine around the bare skin of your arm.

Don't talk while taking your blood pressure.

Take two measurements of your blood pressure, and if these are very different, take a third, and send in the lowest of these to Flo.