

## Shared management plan Blood pressure control (patients with diabetes or CKD and/or ACR≥ 70 mg/mmol)



## **PATIENT NAME:**

BLOOD PRESSURE READINGS	RECOMMENDED ACTIONS		
taken by patient at home	(Always check your BP again if unusually high)		
Below 70/50 mmHg  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.	<b>ACTION</b> If your blood pressure is a bit low, but you are not dizzy or fainting or unwell, this may not be a serious problem. But if it is still as low as 85/55 an hour later or you are very dizzy or unwell, you should call a doctor urgently today and they can talk through any symptoms you have and agree if you should be seen urgently.		
Less than 125/75 mmHg  Your blood pressure is under control when the top (systolic) measurement is less than 125 mmHg and the bottom (diastolic) measurement is less than 75 mmHg.  We hope your blood pressure readings will be below 125/75 mmHg when you take them at home.	Follow a healthy lifestyle.  Eat sensibly – 5 portions of fruit and vegetables every day, and cut down on fat, sugar and salt  Take plenty of exercise – half an hour walking each day, if you can.  For alcohol, women should not drink more than 14 units per week or 3 units in one day, and men no more than 21 units per week or 4 units in one day.  Keep your weight down, and aim for a body mass index of less than 25.  If you smoke, think about stopping – ask at the practice if you would like support.		
No more than 170/105 mmHg  Sometimes your blood pressure may be raised, and your reading may be as high as 170/105 mmHg.  Although this is a high reading, it might settle without any further change to your medication if this is an unusual reading.	<ul> <li>✓ Keep taking the tablets every day as your doctor has prescribed</li> <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>		
If your blood pressure remains between 150/95 – 170/105 mmHg	Make an appointment with your GP or practice nurse in the next few days.  Wait and see if it settles and go for your next usual blood pressure review.		

## **Above 170/105 mmHg**

If your BP reading rises further: above 170/105 mmHg (that is above either 170 mmHg and / or 105 mmHg)

If it is between 125/75-149/94 mmHg



Very high blood pressure could trigger a stroke, so it's important for a doctor to consider adjusting your tablets as soon as possible to lower your blood pressure.



✓ 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).

**ACTION** - If you repeat your blood pressure reading an hour later, and it's still as high, make an appointment to see your doctor or practice nurse within the next couple of days if it's just above 170/105 mmHg.

Wait and see if it settles and go for your next usual blood pressure review.

**ACTION** - 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.

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 ≥200mmHg, or the diastolic BP is ≥105mmHg)

Personal high blood pressure action plan							
Name				Date of birth	//		
GP name		Phone number					
Practice nurse name							
My blood pressure treatment							
Medication	n	Dose	When I take it	Target BP	Date		
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Date	Time	Reading 1	Reading 2
		mmHg	mmHg
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		/	/
		/	1
		/	/
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Blood pressure readings option if you want to write any down

## 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.