

About High Blood Pressure (Hypertension)

Persistent high blood pressure (also known as hypertension) can increase your risk of some serious and potentially life-threatening health conditions, such as:

- heart disease
- heart attacks
- strokes
- heart failure
- peripheral arterial disease
- aortic aneurysms
- kidney disease
- vascular dementia

In England, more than 1 in 3 adults has high blood pressure. Monitoring your numbers is the first step in staying healthy.

If you have high blood pressure, reducing it even a small amount can help lower your risk of these health conditions.



For more detailed advice, **scan this QR code** to visit our website page on taking blood pressure readings at home.

If you need this leaflet in large print, Easy Read, braille, audio, or an alternative language, please contact our reception team.

Practice Contact Information

Phone: 01202 822825 / 01725 517272

Website: www.cranbornepractice.co.uk



The Cranborne Practice Guide to Monitoring Your Blood Pressure at Home



Why check your blood pressure at home?

A blood pressure check shows if your blood pressure is too high or too low. Taking readings at home over 7 days is generally more accurate than a single clinic reading because you are in your normal routine.

How to Take Your Readings

Follow this routine twice a day, once in the morning and once in the evening, for 7 days:

1. **Rest first:** Rest for 5 minutes before checking. Avoid exercise, caffeine, or smoking for 30 minutes beforehand.
2. **Sit comfortably:** Sit upright in a chair with your feet flat on the floor and your back supported. Place your arm on a table so the cuff is level with your heart.
3. **Fit the cuff:** Wrap the cuff around your bare upper arm, about 2-3 cm above the bend of your elbow.
4. **Take the readings:** Press start. Take two readings, spaced 1 to 2 minutes apart.
5. **Record the result:** Note down both readings and your pulse in your Blood Pressure Diary.

For a list of clinically validated monitors, visit the [British and Irish Hypertension Society \(www.bihs.org.uk\)](http://www.bihs.org.uk) or ask your local pharmacy.

Pick up a paper diary at Reception or download one from our practice website: www.thecranbornepractice.co.uk/long-term-conditions

How to Calculate Your 7-Day Average

To calculate your average:

- **Step 1:** Discard all readings from Day 1 (these just help you get used to the monitor).
- **Step 2:** Add all remaining top numbers (systolic) from Days 2–7 together, then divide by the total number of readings taken.
- **Step 3:** Add all remaining bottom numbers (diastolic) from Days 2–7 together, then divide by the total number of readings taken.

Prefer not to do the maths? Don't worry—just write all your raw readings on your paper diary and hand it into Reception. We will calculate it for you.

How to Submit Your Readings

Submitting **online is the fastest, most secure way** to update your medical record. *(Please note: we have discontinued the Luscii BP@Home app).*

Option 1: Using SystmConnect (Practice Website)

1. Go to our practice website and select [SystmConnect](#) (bookmark this page for future use).
2. You do not need an account to use SystmConnect, but you can log in using your NHS login/SystmOnline details to save time,. Otherwise continue as a guest.
3. Under Medical Request, select Follow up > Miscellaneous clinical request.
4. Confirm you have no urgent symptoms, then select Continue.
5. Enter your calculated average readings on the form, confirm your contact details, and click Submit.

systmconnect
powered by **systmone**

Option 2: Using the NHS App

1. Log in to your NHS App.
2. Go to Appointments > Book an appointment > Ask about a health problem (provided using TPP).
3. This opens a secure SystmConnect *(provided by TPP, supplier of this secure software used by our practice)*. Choose Follow up > Miscellaneous clinical request.
4. Confirm you have no urgent symptoms, enter your average readings on the form, confirm your details and click Submit.



Option 3: In Person

Drop your completed paper diary to Reception at Lake Road Surgery (along with any borrowed practice monitor).

What Happens Next?

- **Routine Review:** A clinician or clinical administrative team member will review your average readings within 5 working days and save them directly to your patient record.
- **If Your Readings Are Within Target:** We will update your record. If this was part of a routine annual review, no further action is needed unless requested by your GP.
- **If Your Readings Are Outside Target:** A clinician will review the results. We will contact you via SMS, SystmConnect message, or phone call if your medication needs adjusting, if further monitoring is required, or to invite you for a review.



Urgent Notice: If you feel unwell, have severe headaches, chest pain, shortness of breath, or consistently see readings above 180/120 mmHg, **do not wait for an online reply**—contact the surgery by phone (during opening hours), call 111, or attend A&E in an emergency.

Blood Pressure Diary - Weekly Tracker Record

Use this editable diary to record your blood pressure readings over the week. Take morning and evening readings at consistent times and log any relevant symptoms or notes. Visit [the practice website here](#) for more guidance on taking your blood pressure readings at home.

Day	Time AM	Morning Readings (mmHg)			Time PM	Evening Readings (mmHg)			Symptoms / Notes
		Reading 1 Reading 2 Reading 3				Reading 1 Reading 2 Reading 3			Explain anything that may have affected your readings
	08:14	144/85	140/83	139/84	19:42	132/82	130/81		When I woke up, I had a headache
1		/	/	/		/	/	/	
2		/	/	/		/	/	/	
3		/	/	/		/	/	/	
4		/	/	/		/	/	/	
5		/	/	/		/	/	/	
6		/	/	/		/	/	/	
7		/	/	/		/	/	/	

Instructions & Guidance

- **Preparation:** Rest quietly for 5 minutes before taking a reading. Avoid caffeine, exercise, and smoking 30 minutes prior.
- **Positioning:** Sit upright in a chair with back support, feet flat on the floor and arms supported at heart level.
- **Multiple Measurements:** Take 2 to 3 readings each session (1 minute apart) and log them all.
- **Work out your average:** Discard the readings from Day 1 (these just help you get used to the monitor) Add up all the top (systolic) numbers **from Days 2 to 7** and divide by the **total** number of readings taken on these days, then do the same for the bottom (diastolic) numbers.

Patient Name:

Date of Birth: