

Name: Full Name

EMIS:EMIS Number

Lion Health Home Blood Pressure Monitoring Form

Day 1

<u>Date:</u>					
<u>Morning Time:</u>			<u>Afternoon Time:</u>		
Reading 1	Reading 2	Reading 3	Reading 1	Reading 2	Reading 3

Day 2

<u>Date:</u>					
<u>Morning Time:</u>			<u>Afternoon Time:</u>		
Reading 1	Reading 2	Reading 3	Reading 1	Reading 2	Reading 3

Day 3

<u>Date:</u>					
<u>Morning Time:</u>			<u>Afternoon Time:</u>		
Reading 1	Reading 2	Reading 3	Reading 1	Reading 2	Reading 3

Day 4

<u>Date:</u>					
<u>Morning Time:</u>			<u>Afternoon Time:</u>		
Reading 1	Reading 2	Reading 3	Reading 1	Reading 2	Reading 3

Day 5

<u>Date:</u>					
<u>Morning Time:</u>			<u>Afternoon Time:</u>		
Reading 1	Reading 2	Reading 3	Reading 1	Reading 2	Reading 3

How To Monitor Blood Pressure At Home

There is increasing evidence that monitoring your blood pressure at home is a more accurate way of determining whether your blood pressure needs treating.

Your GP has suggested that this process is undertaken with a loan from our practice.

In order to accurately measure your blood pressure you must do so in a sitting position, with your arm relaxed by your side.

How Often To Measure Your Blood Pressure

Please set aside 5 days.

On two separate occasions on each of the days place the cuff around your arm as shown by the Health Care Assistant.

On each occasion measure your blood pressure twice (three times if the readings are very different).

Fill in the blood pressures on the monitoring form provided and bring this back along with the machine at the agreed time.

Lion Health Medical Practice

Home Blood Pressure Monitoring

Name: Full Name

DOB: Date of Birth

It is vital that the machine is returned to Lion Health on the agreed date and time.

Return Date _____

Return Time _____

If you have any concerns or queries please look for more information on our website, www.lion-health.co.uk, or contact the surgery by phone on 01384 322222.