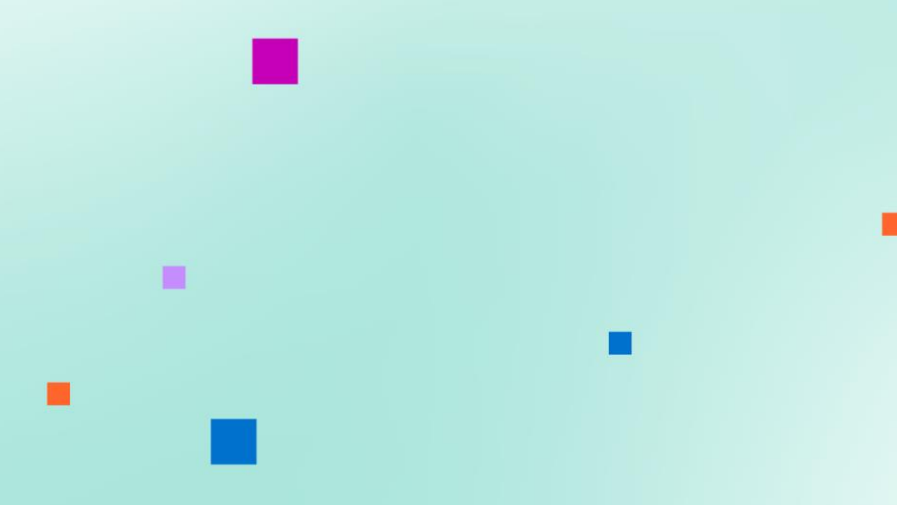
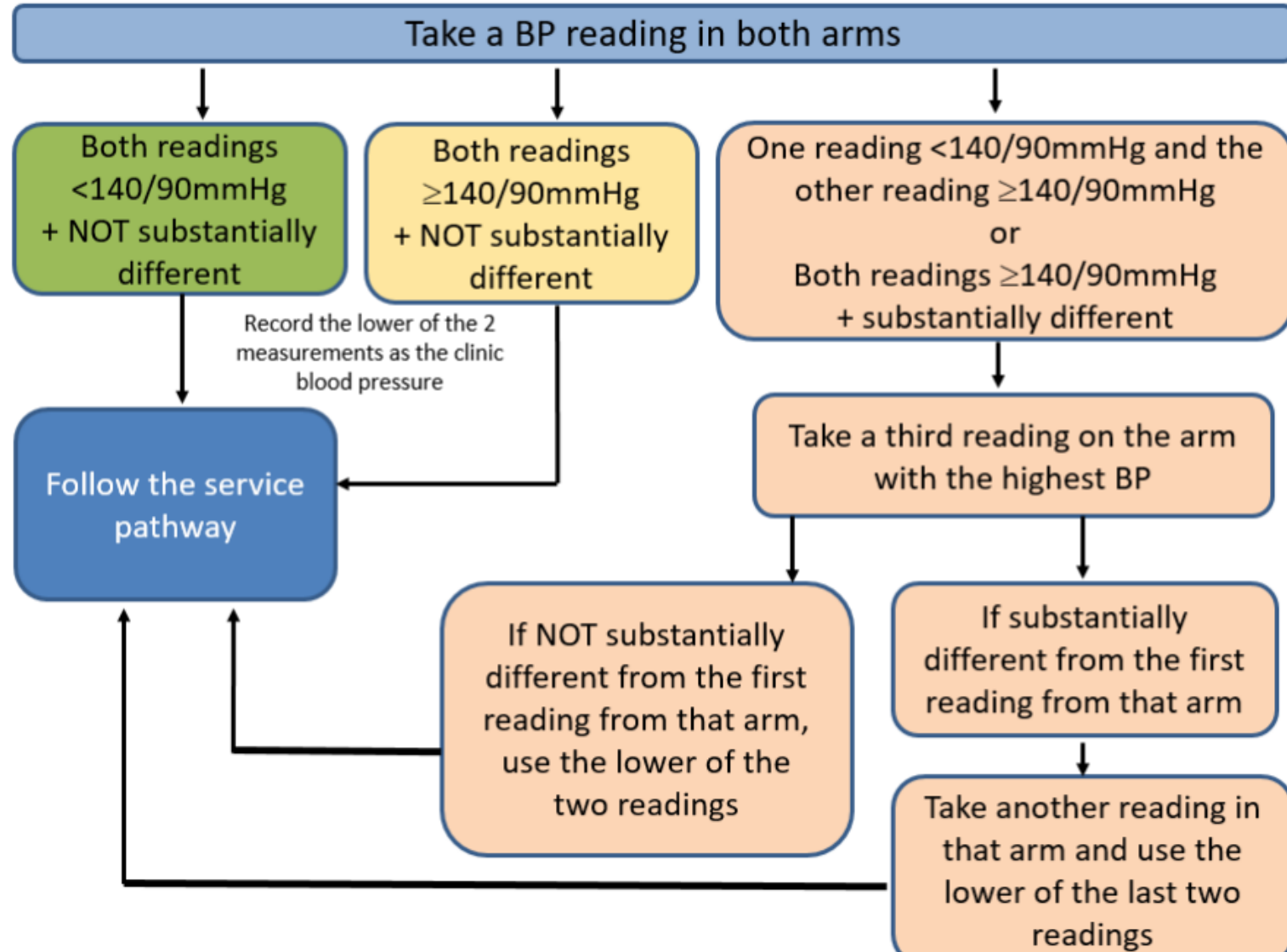
A cluster of colorful squares in shades of blue, green, orange, and purple in the top right corner of the slide.

Hypertension: Recording ABPM Info and Fitting

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Measure BP in line with NICE guidance



Clinic Blood Pressure	Low blood pressure: 90/60mmHg or lower
	Normal blood pressure: between 90/60mmHg & 139/89mmHg
	High blood pressure: between 140/90mmHg & 179/119mmHg
	Very high blood pressure: 180/120mmHg or higher

- ABPM is set to take measurements every 30 minutes during waking hours (for example between 8am and 10pm)
- A minimum of 14 readings are needed during the person's usual waking hours to provide an accurate average reading;
- The use of 14 readings means the latest time for an appointment to see a patient and fit an ABPM would be 2pm if monitoring is stopping at 10pm.
- Record the average daytime, nighttime (if applicable) and overall average blood pressure readings in the consultation record
- Based on the average daytime reading, the pharmacy staff should follow the relevant guidance in the service specification on the next steps for the patient. All readings (systolic and diastolic for daytime) and the full ABPM report should be shared with the patient's general practice.
- To calculate your average blood pressure for each section in PharmOutcomes, you can take multiple readings over a period of time and then add them up and divide by the number of readings you took.

For example, if you took three readings and they were 120/80 mmHg, 118/76 mmHg, and 122/78 mmHg, you would add these numbers together to get 360/234 mmHg. Then, you would divide by three to get an average blood pressure of 120/78 mmHg.

Must attach the ABPM print out (if unable to attach this must be emailed to the respective GP practice to ensure this is added into the patient's clinical record.

Work out the average of each

- DAYTIME (Must be at least 14 readings)
- NIGHTTIME (if enough readings are present)
- The overall average 24 hours

To confirm a diagnosis in line with NICE guidance daytime readings of 14 separate results or more are sufficient to determine High Blood Pressure.

Use the additional comments section to share any other information with the GP

ABPM readings

ABPM fitted on

Enter as dd-mmm-yyyy (eg 23-Feb-1989)

Upload the transcript of ABPM information (the output data/report from the ABPM device)

ABPM transcript

Blood Pressure Readings

Enter the readings from the ABPM below

Average daytime reading:

Systolic BP mmHg

Diastolic BP mmHg

Average night-time reading:

Systolic BP mmHg

Diastolic BP mmHg

Average Reading

Record the average 24-Hour ABPM reading below

Average systolic BP mmHg

Average diastolic BP mmHg

Additional comments

- To put Monitor on Patient
- Ask patient to remove their top only, if the clothing item is very thin the cuff could be placed over this in circumstance where a top cannot be removed.
- Switch monitor „on“ and place inside pouch.
- Show the patient the on/off switch and explain the display screen before putting in the pouch.
- Place cuff on non-dominant arm unless there is a 20/10mmHg difference between arms in which case use arm with higher reading, or a clinical reason not to use a particular arm (eg lymphoedema).
- Line up the arrow on the cuff near the brachial artery.
- Explain, as you are fitting the cuff, about the position and how to adjust the cuff if it slips.
- Use an appropriately sized cuff (with clothing removed, measure arm circumference half way between tip of shoulder & elbow).
- Use a large cuff extra large or small cuff according to manufacturer’s instructions.
- Pull cuff Velcro until it’s a firm fit.
- Wind tubing around the back of the patient’s neck and down his/her front and attach tubing to the monitor

