

Role of HCA.

Patients with suspected blood pressure (from GP, Nurse or HCA) will be asked to make appointment with the HCA (Linda or Gillian) to have blood pressure rechecked. A clinic blood pressure should be taken. If this is raised then second blood pressure taken after 10min. If there is a big difference in the first 2 blood pressures then a 3rd blood pressure is recommended. The lowest of the 3 blood pressures should be recorded in clinic. If this blood pressure is:

Less than $\frac{140}{90}$ the patient does not have hypertension and should be informed as being normal.

If the BP is $\frac{140-179}{90-109}$ then the patient has suspected stage 1 or 2 blood pressure and should have home bp monitoring arranged. The patient should be given an information leaflet on blood pressure and told how to use the machine as well as record the information on the printed form.

- The patient should be asked to do readings twice daily for 7days.
- On each occasion 2 readings more than 1minute apart should be taken while seated.
- The readings should be entered on the printed sheet of paper handed out with the monitor.

The hand out will contain advice on lifestyle changes (Exercise, smoking, loosing weight, salt reduction).

The patients details should be entered into the home blood pressure monitoring list of systemone (so we have details of which patients have had blood pressure monitors lent out and those whose results need chasing). Details of which monitor (numbered) and date given should be recorded.

If the lowest reading is greater than $\frac{180}{110}$ then results should be discussed with the **ONCALL GP**

RESULTS:

The results will come back to the HCA. Of the 7 days of reading, the first day results should be omitted. Of the remaining results, an average systolic and diastolic blood pressure should be Calculated. From JUNE 2015 meeting, we have agreed to take an average of all the remaining readings.

If the Home blood pressure is: $\frac{135}{85}$ or greater , the patient could have stage 1 or 2 hypertension. The Linda (or) should arrange the following investigations and ask the patient to make a routine appointment with a GP of their choice.

Investigations: ECG & Bloods for FBC, ESR, LFT TFT HbA1c U+E TOTAL CHOL&HDL eGFR

URINE DIP: FOR BLOOD AND PROTEIN.

Remember to QRISK