Explain procedure and gain consent for both

Patient *declined?* Document in notes and let Beki know

Interpreting results to patients?

* Average BP **<130/80mmHg** – normal BP, no action will be needed.
* Average BP **>130/80mmHg** – patient will be considered to take part in BP@Home project with the aim to bring BP down to <130/80mmHg as per RCP and NICE guidelines for secondary stroke prevention.
* Average BP **>*180/120mmHg, or <85/50mmHg****?* Seek GP/111 same day review.

Consider clinical presentation alongside BP reading (do they normally have high/low BP? Check medical history & blood pressure medications). If you are concerned in any way, escalate and get some advice.

Clean moniter and cuff thoroughly with Clinell wipes after each use.

*Document* the readings on EMIS on the ‘notes’ or ‘additional information’ section, and email/task Beki with the readings.

*Ask* your patient to relax and try not to move, tense or talk during the measurements.

Consider external/environmental influences – try and reduce any stressors in the room and ask others present not to talk, consider nature of visit and conversations/activities prior to measurement that may impact on BP.

*Try not to stand above the patient or stare at them during measurement*

*Check your flashcards for pre-measurement considerations*

Repeat measurements x3 on each arm and note readings exactly as they are on the screen, do not round up or down.

*Press Start to begin the measurement.*

Cuff too *big?*

Document as unable to be taken and let Beki know. We do not have any smaller cuffs

Cuff too *small?*

Let Beki know as we **do** have a few large cuffs to use.

*Cuff placement:* 1. Ensure the arm is well supported.

2. The bottom of the cuff should lie 2cm above the elbow crease and be around heart level.

3. The cuff should be tight, but you should still be able to fit 2 fingers underneath.

4. The grey bladder should lie in the centre.

5. Check size appropriateness – if cuff too big/small reading may be inaccurate.

*Prepare* patient: 1. Make sure upper arms are bare, remove restrictive clothing if necessary.

2. Patient should be sat upright in a chair, with their legs uncrossed and feet flat on the floor.

3. Ensure the patient has been sat quietly and calmly for 3-5 minutes.

Patient *consented*