

# 7 Day Home Blood Pressure Monitoring

Full Name  Date of birth

Please record your blood pressure (BP) readings in the table below and return this form to the surgery.

- Please add your name and date of birth above
- Please use a black pen as this form will be scanned in.
- Readings should be taken in the morning and in the evening.
- Each time, 2 readings should be taken at least 1 minute apart.
- Please complete your health information on the next page

Date of first blood pressure taken  Date of last blood pressure taken

## Morning

1<sup>st</sup> Reading

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Systolic</b>							
<b>Diastolic</b>							

2<sup>nd</sup> Reading

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Systolic</b>							
<b>Diastolic</b>							

## Evening

1<sup>st</sup> Reading

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Systolic</b>							
<b>Diastolic</b>							

2<sup>nd</sup> Reading

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Systolic</b>							
<b>Diastolic</b>							

You can either bring these to the surgery or by completing an Anima eConsult on our website. An Anima eConsult automatically takes your details and calculates your average blood pressure. Log into your Anima account, select “Submit a new request” and select “Blood Pressure Readings” under Quick Access.

**Height** ..... **Weight** .....

You can measure your height and weight in our waiting rooms

**If you take blood pressure medication, please answer the questions below**

1. Are you taking your blood pressure medication as prescribed? YES / NO
2. Regular monitoring and control of blood pressure is important for your health. Please circle "Yes" if you understand this. YES / NO

**Have you ever smoked? This includes tobacco and vaping.**

Current Smoker YES / NO How many per day? .....  
 Ex-Smoker YES / NO When did you stop? .....  
 Do you want help to stop smoking? YES/NO How many per day? .....

**How many units of alcohol do you drink per week? .....**

A unit of alcohol is equal to a small wine glass, a single shot of spirit or half a pint of beer. The recommended weekly allowance of alcohol is no more than 14 units for a woman and no more than 21 units for a man. It is better that the weekly allowance is spread evenly over the week.

**Ethnic background (please circle below)**

Everyone belongs to an ethnic group so **all our patients and service users are being asked** to describe their ethnic group. We collect this information to help the NHS understand the needs of patients and service users from different groups and so provide a better and a more appropriate service to you.

- White – British
- White – Irish
- White – Any other White background
- Mixed – White and Black Caribbean
- Mixed – White and Black African
- Mixed – White and Asian
- Mixed – Any other mixed background
- Asian or Asian British – Indian
- Asian or Asian British – Pakistani
- Asian or Asian British – Bangladeshi
- Asian or Asian British – Any other Asian background
- Black or Black British – Caribbean
- Black or Black British – African
- Black or Black British - Any other Black background
- Other Ethnic Groups – Chinese
- Other Ethnic Groups – Any other ethnic group

**Do you have an armed forces background (please circle)**

Armed Forces Veteran          Armed Forces Reservist          Member of an Armed Forces Family  
 Armed Forces Veterans, Reservists or members of an Armed Forces family have certain rights with respect to NHS services. More information about your rights is available on our website.

**For GP Surgery Use only**

Form completed inc name and DOB	YES / NO	Date received	
Date scanned to Performance		Entered by	
If any concerning results, e.g >200, please discuss with duty doctor			
Please retain paper copy for 4 week and then dispose.			
Must be printed double sided			