

Dorset BP@Home

Patient guide

Scan the QR code to register for the free service and app:



Find out more:

ourdorset.org.uk/digital/#bpathome

Useful information

For information on your condition:

<https://www.nhs.uk/conditions/high-blood-pressure-hypertension/>

To get in touch email:

ourdorsetdigital@nhsdorset.nhs.uk if you have a query or a story to tell about how the BP@Home service has helped you.

We want to hear from you!



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Viso



Why do I need to check my Blood Pressure?

Around 1/3 of adults in the UK have high blood pressure and don't know. The only way to find out if your blood pressure is high is to have your blood pressure checked.

High blood pressure rarely has noticeable symptoms, but persistent and untreated high blood pressure can increase the risk of several serious and potentially life-threatening health conditions such as heart attacks and strokes.



Why take Blood Pressures at Home and not at the surgery?

- More accurate readings as you are relaxed in your own environment
- Can do it from the comfort of your home
- Gives you peace of mind to know your clinician is aware of your recent blood pressure
- No need for regular visits to the surgery
- Quick and easy for you
- Your clinician can identify elevated blood pressure quickly and optimise your medication
- Prevent serious health conditions such as heart attacks, strokes, kidney problems, Atrial Fibrillation (irregular heart) and vascular dementia

Find out how to test your blood pressure



WHAT HAPPENS AFTER I SUBMIT MY READINGS?

AFTER YOUR FIRST WEEK

After completing your first measurement week, your health professional will be able to see your average BP readings and advise of any changes to medication via the app



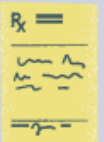
WHAT IF MY PRESCRIPTION IS AMENDED

If any changes are required, your prescription will be amended and your new medication plan will show in the app



MAKE SURE TO COLLECT ANY MEDICATION

Go and collect any new medications from your registered pharmacy (if required)



START YOUR SECOND WEEK OF READINGS

Commence second monitoring week when prompted by the app



CONTINUE THE PROCESS

Continue this process until your BP readings are within your target range and then move to 6 monthly readings

