

# How to submit Blood Pressure readings to Middleton Lodge Medical Practice

You have been asked to submit Blood Pressure readings by your GP. There are two ways to do this:

- 1) **Through the Notts NHS App** – This involves recording your blood pressure readings through the NHS App or PKB, once you have recorded your readings you will need to send a message to the practice to let them know. This will save you travelling to the practice.
- 2) **Manually submitting readings to the practice** – This involves bringing in your blood pressure readings to reception at the practice.

Please see the instructions below with more details on how to submit your BP readings:

## 1) **Through the Notts NHS App**

Please use the Notts NHS App to submit your Blood Pressure readings; it is important to note the following:

- Please take **TWO** readings each morning and evening for 7 days (or 4-6 days if 7 days is not possible)
- Readings taken while seated, two readings taken at least 1 minute apart
- Please record the readings on the Notts NHS App – Please see the video below for full instructions.

## 2) Manually submitting readings to the practice

Please bring to your written Blood Pressure readings into reception as advised by your GP.

Here is an example of how this information should be recorded and submitted to the practice:

**Measuring Blood Pressure at Home**

Patient Name:

DOB:

GP/Nurse/HCA name:

**For the Patient:**  
Please take **TWO** readings each morning and evening for 7 days (or 4-6 days if 7 days is not possible)  
Readings taken while seated, two readings taken at least 1 minute apart  
Please record the readings on the chart below and email or drop into the surgery.  
*(An example of what to record 140/86)*

Day	AM 1 <sup>st</sup> BP	2 <sup>nd</sup> BP	PM 1 <sup>st</sup> BP	2 <sup>nd</sup> BP
1				
2				
3				
4				
5				
6				
7				
Average (disregard Day 1)				

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- For each blood pressure recording, 2 consecutive measurements are taken, at least 1 minute apart and with the person seated **and**
- blood pressure is recorded twice daily, ideally in the morning and evening **and**
- blood pressure recording continues for at least 4 days, ideally for 7 days.