



HESSINGTON HEALTH NEWSLETTER

CHECKING BLOOD PRESSURE AT HOME

UNDERSTANDING BLOOD PRESSURE(BP)

WHAT IS BLOOD PRESSURE (BP)

Blood pressure is measured in millimetres of mercury (mmHg) and is given as 2 figures:

- **systolic pressure** – the pressure when your heart pushes blood out around your body
- **diastolic pressure** – the pressure when your heart rests between beats and blood is pushed around the heart

For example, if your blood pressure is “**140 over 90**”, or 140/90mmHg, it means you have a systolic pressure of 140mmHg and a diastolic pressure of **90mmHg**.

As a general guide:

- high blood pressure is considered to be from **140/90mmHg** or more if your reading was taken at a pharmacy, GP surgery or clinic (or an average of **135/85mmHg** if it was taken at home)
- if you're over the age of 80, high blood pressure is considered to be from **150/90mmHg** or more if your reading was taken at a pharmacy, GP surgery or clinic (or an average of **145/85mmHg** if it was taken at home)

- ideal blood pressure is usually considered to be between **90/60mmHg** and **120/80mmHg**, while the target for people over the age of 80 is below **150/90mmHg** (or **145/85mmHg** if it was taken at home)
- a lower target of less than **130/80 mmHg** is set for those who have a history of stroke, diabetes and with kidney disease.
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YOUR BLOOD PRESSURE MONITOR

Familiarise yourself with how the BP numbers are presented on your device:

Visit [bloodpressureuk.org](https://www.bloodpressureuk.org) for practical advice on how to record your blood pressure by clicking the link below or scanning the QR code:



<https://www.bloodpressureuk.org/your-blood-pressure/how-to-lower-your-blood-pressure/monitoring-your-blood-pressure-at-home/how-to-measure-your-blood-pressure-at-home/>

Systolic blood pressure

Diastolic blood pressure

Pulse



STAGES OF HYPERTENSION

Definition	Stage 1	Stage 2	Stage 3
a) Clinic	140/90mmHg to 159/99mmHg	160/100 to <180/120mmHg	180/120mmHg or above
b) ABPM/HBPM	135/85mmHg to 149/94mmHg	150/95mmHg	Need clinic review

ABPM (ambulatory blood pressure monitor – 24 hour monitor)/HBPM (home blood pressure monitor).

Reference NICE NICE Clinical Guideline 136. Hypertension: The Clinical Management of Primary Hypertension in Adults. <https://www.nice.org.uk/guidance/NG136>

There is strong evidence to show that when a patient applies the blood pressure cuff for a reading there is a surge of adrenaline which inflates the heart rate and blood pressure. The evidence shows that

it takes about 10 minutes for this effect to dissipate and for the natural blood pressure to be identified. Therefore, I have a rule of three when monitoring blood pressure at home.

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DR RAI'S RULE OF THREE

Making sure you are sitting comfortably in a quiet place free of distractions. Follow the instructions below:

As a guide your surgery reading should be < 140/90 and your home reading <135/85.

1. Take 3 readings of your blood pressure
2. Each reading should be 3 minutes apart
3. Only record the 3rd reading
4. Do this analysis every 3 days
5. Vary the time you do your analysis from one sitting to the next (eg you may check your blood pressure in the morning on a Monday, at lunchtime on a Wednesday and the evening on a Saturday) that way we capture the BP behaviour at the variable times

6. Make a list of all of your 3rd readings, the date and time
7. Add up all the systolic numbers (the first of bigger number of the reading) and divide it by the total number to get a systolic average.
8. Repeat the exercise for the diastolic number (the second number of the reading) divide it by the total number to get a diastolic average.
9. At the bottom of your list you will then have an average home BP reading of all the 3rd readings from your list
10. Share your analysis by emailing it to hrai@hessingtonhealth.com FAO Dr Rai, title the subject as: My Home BP Analysis

	A	B	C	D	E	F	G	H	I
1	Date	Time	Systolic BP	Diastolic BP	Pulse				
2	01/05/2024	9am	143	87	78				
3	03/05/2024	1pm	153	92	84				
4	06/05/2024	6pm	165	84	72				
5	09/05/2024	10pm	131	78	64				
6	12/05/2024	9am	147	90	87				
7	15/05/2024	1pm	175	95	90				
8									
9		Total	914	526		Add all of the readings in each column			
10									
11			152	87		Divide by the total number of readings (6 in this case)			
12									
13	The 2 week 3rd reading average is:			152/87					
14									

I hope this helps and look forward to receiving your home data.

Best Wishes

Dr Harjeev Rai

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