HUNTINGDON ROAD SURGERY

Home blood pressure readings

NAME	Your full name
DATE OF BIRTH	Date of birth
TELEPHONE	Preferably mobile

If you know, tell us which of our team requested these so we can forward them quickly: FAO

Make sure you follow the manufacturer's instructions when using the machine. Incorrect use can give incorrect readings, or the error ("Err" or "EE") message. If you have lost the instruction booklet, visit the manufacturer's website. Alternatively, there is a link on the Forms page of our website.

- Take readings twice a day (morning and evening) over 7 days
- Rest for at least 5 minutes before starting
- Make sure you are sitting, with arm supported, palm facing upwards, so the cuff is approximately at heart level
- Take the 1st reading, rest for 1minute, take the 2nd reading

Day			systolic (mmHg)	diastolic (mmHg)
1	*Date*	1st reading	*top figure*	*bottom figure*
		2nd reading	*top figure*	*bottom figure*
2	*Date*	1st reading	*top figure*	*bottom figure*
		2nd reading	*top figure*	*bottom figure*
3	*Date*	1st reading	*top figure*	*bottom figure*
		2nd reading	*top figure*	*bottom figure*
4	*Date*	1st reading	*top figure*	*bottom figure*
		2nd reading	*top figure*	*bottom figure*
5	*Date*	1st reading	*top figure*	*bottom figure*
		2nd reading	*top figure*	*bottom figure*
6	*Date*	1st reading	*top figure*	*bottom figure*
		2nd reading	*top figure*	*bottom figure*
7	*Date*	1st reading	*top figure*	*bottom figure*
		2nd reading	*top figure*	*bottom figure*
average excluding day 1			average systolic	average diastolic

Smoking

Do you smoke? YES / NO

How many per day? ……..

Have you ever smoked regularly? YES / NO

When did you stop? ……..

There is good evidence that giving up smoking improves your health and the health of those around you, even if you have smoked for a long time.

We have many ways of helping smokers stop. For more info, contact:

- CAMQUIT on 01223 723022 (M-F 9am-5pm)
- www.oasisstopsmokingservice.nhs.uk
- or speak to our smoking cessation team

Diabetes screening

We are trying to improve our care of patients with diabetes and obesity by identifying patients at risk. If your body mass index (BMI) is over 30 we strongly advise you to lose weight. Contact our nursing team for help in losing weight.

Weight ____ Height ____

$$BMI = \frac{\text{weight[kg]}}{\text{height[m]} \times \text{height[m]}}$$

my BMI = If you prefer, we can calculate this for you

Please text me my BMI Y/ N

What next? We will have asked most people to complete this form because they have an appointment soon. We will discuss the results then. If you are not sure what happens after you return this form, and have not heard from us in **2 WEEKS** please check your online record (see www.huntingdonroadsurgery.co.uk) or consider contacting us.