

## 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

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 1<sup>st</sup> reading, rest for 1minute, take the 2<sup>nd</sup> reading

## Smoking

Day			systolic (mmHg)	diastolic (mmHg
1	Date	AM 1st reading 2nd reading	top figure	bottom figure
		2nd reading	top figure	bottom figure
		PM 1st reading 2nd reading	top figure	bottom figure
		2nd reading	top figure	bottom figure

Do you smoke?	YES / NO
How many per day?	
Have you ever smoked regularly?	YES / NO
When did you stop?	

AM 1st reading 2nd reading improves your health and the health of those 2 around you, even if you have smoked for a long PM 1st reading 2nd reading AM 1st reading 2nd reading 3 PM 1st reading top figure 2nd reading bottom figure top figure • CAMQUIT on 01223 723022 (M-F 9am-5pm)

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

There is good evidence that giving up smoking

- AM 1st reading 2nd reading top figure 4 PM 1st reading 2nd reading top figure AM 1st reading 2nd reading 5
- www.oasisstopsmokingservice.nhs.uk
- PM 1st reading 2nd reading AM 1st reading 2nd reading 1st reading

top figure

top figure

average systolic average diastolic

• or speak to our smoking cessation team

average excluding

day 1

2nd reading

1st reading 2nd reading

1st reading

2nd reading

6

7

## Diabetes screening We are trying to improve our care of patients with

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 weight[kg] BMI = height[m] x height[m]

diabetes and obesity by identifying patients at risk.

my BMI =

If you prefer, we can

Please text me my BMI

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 via the NHS app) or consider contacting us.