



Hypertension Diagnosis

SOP- BMC

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1.1	Dr Rachael Hardaker/ Lead Nurse Amanda Murray	01/06/2022
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Hypertension Diagnosis

Suspected Hypertension: FIRST APPOINTMENT (F2F)

NICE (NG136: updated March 2022)

Check pulse

IF irregular, use MANUAL cuff and arrange FU ECG if not already known to have AF

Check correct cuff size

Take blood pressure in both arms

If > 15mmHg difference between the arms: REPEAT both measurements

If the difference persists on second measurement: use the arm with the higher BP for all future readings

Tell patient which arm to use in future and document in EMIS e.g.

O/E raised blood pressure reading: USE RIGHT /LEFT ARM (indefinite/major problem)

IF under 80* and clinic blood pressure is 140/90 or higher (*over 80 >150/90)

- Take a 2nd reading
- If 1st and 2nd substantially different take a 3rd reading

Check STANDING BP if

Type 2 DM
Symptoms of postural hypotension
>80 years

Measure arm circumference (at mid bicep)

Ideal cuff bladder length is >80% of arm circumference

Ideal cuff bladder width is >40% of arm circumference

Recommended Cuff Sizes

(dependent on range of cuffs/manufacture) e.g.

Arm circumference

22 – 26	12 x 22
27 – 34	16 x 30
35 – 44	16 x 36
45 – 52	16 X 42

See <https://targetbp.org>
(AMA/AHA guidelines)

If **clinic** reading is between 140/90 and 179/119

OFFER HBPM* see protocol

Lifestyle advice* consider printing/sending by AccurRx

Salt/ETOH<15u, BMI<25, exercise 30+mins 5x/week

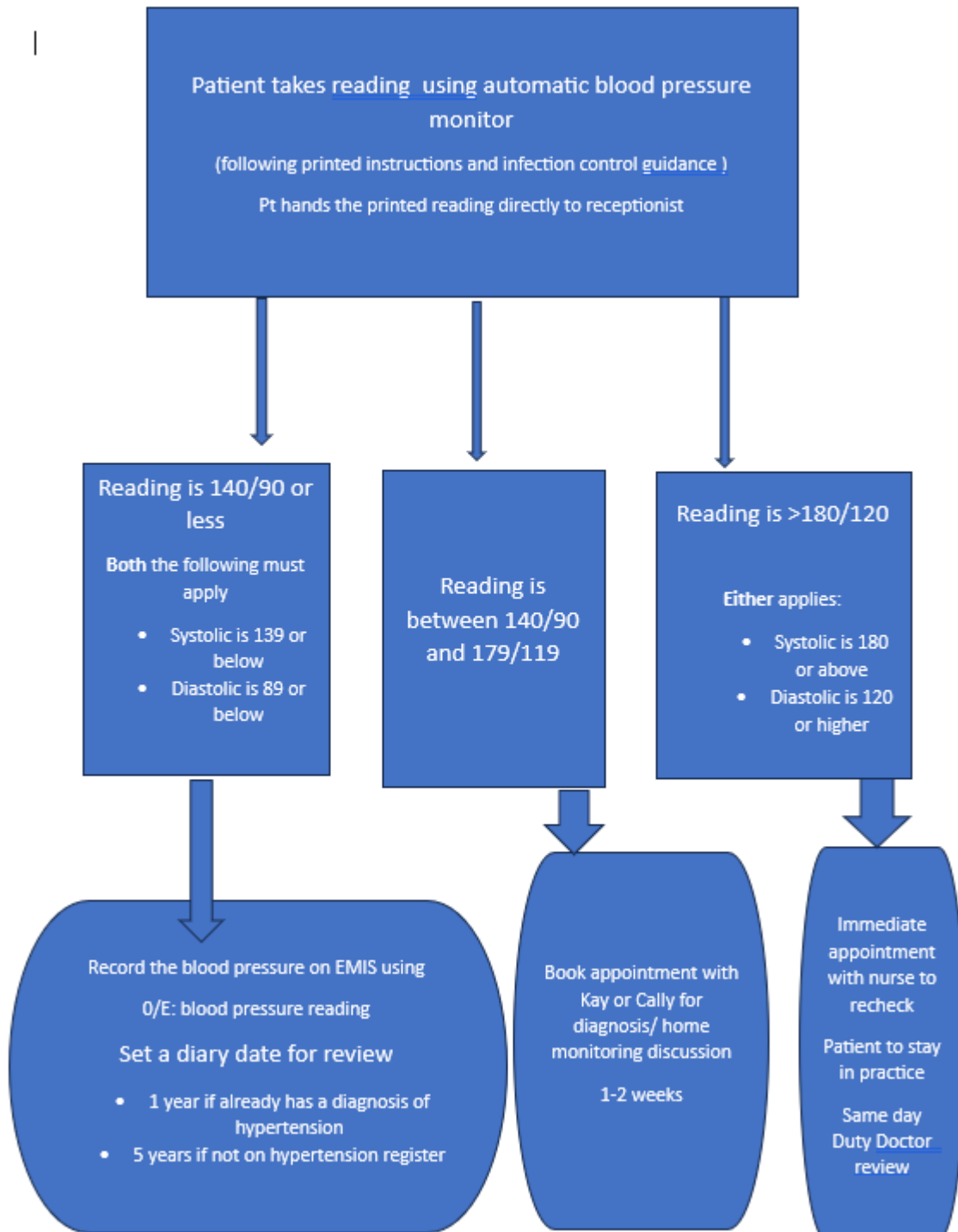
If clinic reading is >180/120

Refer to GP same day for consideration of same day specialist referral / immediate

<140/90 Consider annual follow up if borderline/FH/significant PMH

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Protocol for use of Waiting Room Automatic Machine



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Home Blood Pressure Monitoring for Confirmation of Diagnosis

HOME BLOOD PRESSURE MONITORING (HBPM) FOR CONFIRMATION OF DIAGNOSIS

Drugs and Therapeutic Bulletin 2023;59:119-123 &179

HBPM is superior to clinic monitoring in predicting future CVD events. Ambulatory BPM is the gold standard for diagnosis but is difficult to access. (It picks up reverse dipping) HBPM is a good alternative when we do not have access to this.

Patients with AF: there is evidence that if patients use the average of 3 readings at each sitting, inaccuracies can be minimised

Blood Pressure Monitoring Devices

Ensure the patient has access to a validated* device that is less than 5 years old with an appropriate size of cuff

Provide a link to this list of independently validated home monitors if using own device. Encourage patient to buy their own if this is possible (a good machine can be bought for between £15 and £30) and gives them the option to monitor in future)

<https://bihsoc.org/bp-monitors/for-home-use/>

If they need or wish to borrow one use EMIS CODE : “Home blood pressure monitor loaned to patient”

Give instructions on how to measure blood pressure at home.

There is a useful downloadable infographic and accompanying instruction booklet from Bloodpressureuk.org along with lots of other useful information on the site for patients which can be printed if needed. There is an AccuRx text which provides a link to the home monitoring hub and an explanatory video.

<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/>

Infographic for printing if needed

https://www.bloodpressureuk.org/media/bpuk/docs/CheckingBPathomeA4_web.pdf

Instruction booklet for printing if needed

https://www.bloodpressureuk.org/media/bpuk/docs/MeasuringBP_webrevised.pdf

Provide general information on lifestyle factors at this stage

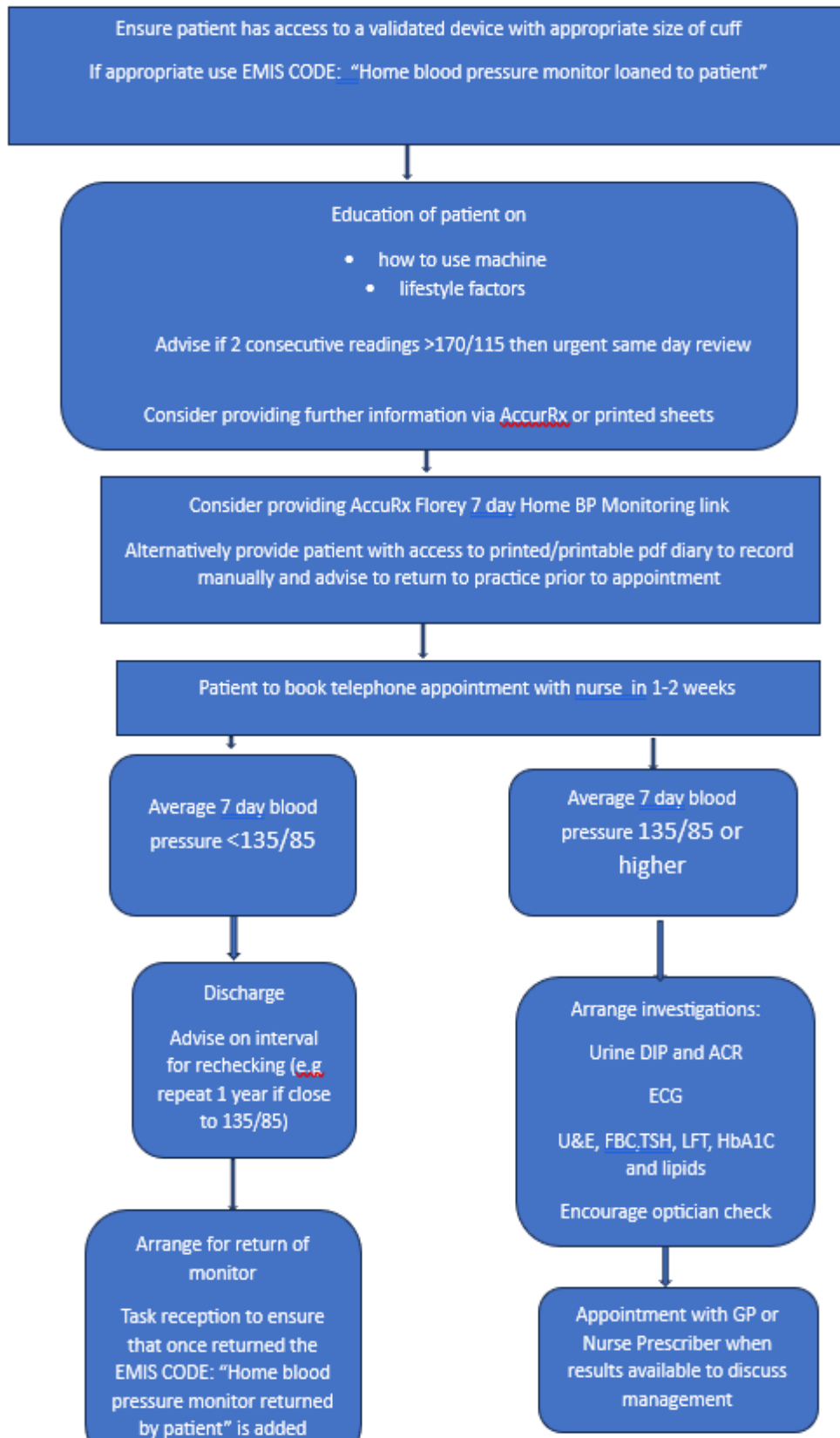
There is a brief printable leaflet here: Good leaflet for lifestyle factors

<https://patient.info/pdf/29909.pdf>

This link to the healthy living section of the website explains impact of alcohol/diet/sleep/exercise and stress.

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<https://www.bloodpressureuk.org/your-blood-pressure/how-to-lower-your-blood-pressure/> and there is an AccuRx text to direct patients to this also.



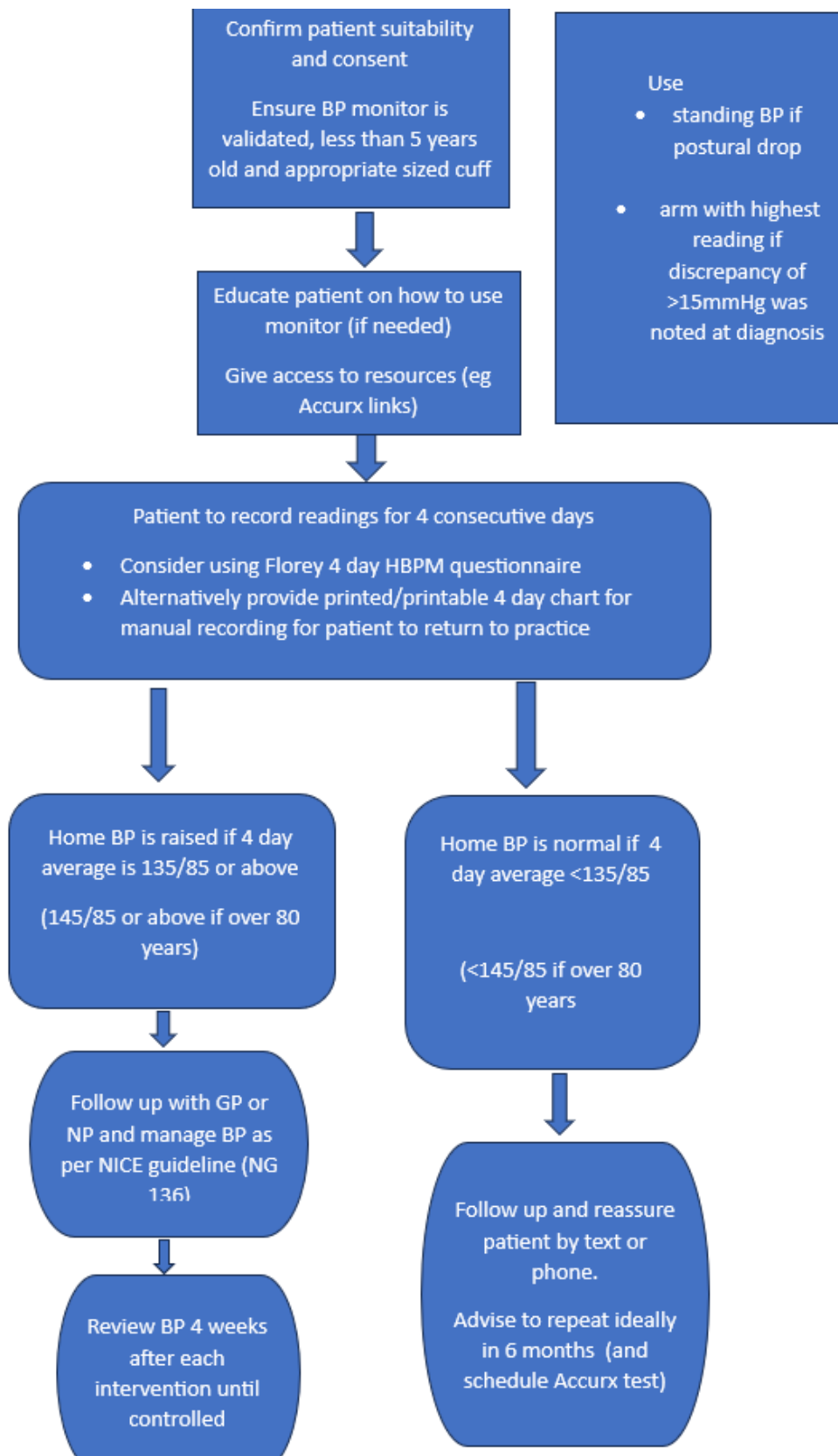
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Home Blood pressure Monitoring

(see NHS@Home Appendix 1/ NICE 136 (2022)/ Drugs and Therapeutics Bulletin 2021; 59:119-123)

Applies to all patients diagnosed with hypertension who wish to self-monitor.

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27/06/2024	1.1	R Hardaker	Reviewed.