












Leeds Blood Pressure Wise Clinical Pathway

Check exclusion criteria. Patient and patient's GP identified on NHS Spine using personal information. Enter personal information on template.

Consent provided by the patient (complete paper form and tick both boxes on template).

TAKE BLOOD PRESSURE (patient must be relaxed, quiet and seated, with their arm outstretched and supported. Follow further instructions in Service Guide).

NORMAL BP <140/90 and pulse reading normal.	RAISED BP \geq140-90 and normal OR irregular pulse Repeat test after 5 minutes. If the 2 nd measurement is substantially different from the first, take a 3 rd measurement. Record the lower of the last 2 measurements.	SEVERE BP >180 systolic and / or >110 diastolic Repeat test after 5 mins.	LOW BP <90/60 Repeat test after 5 minutes.	IRREGULAR PULSE and normal blood pressure (if raised BP, follow 'Raised BP' pathway) Repeat test after 5 minutes.
No further testing required.  Give letter. Discuss health needs / lifestyle issues. Provide BP / lifestyle leaflets. Signposting to One You Leeds service.  Update and save template - client BP readings and pulse details sent back to GP.	If reading is still high, discuss home BP monitoring. Complete BPM loan form and client sign. Set date for follow up appointment. Give letter, BP monitor and home diary. Show how to use BP monitor.  Home BP monitoring by client for 7 days  After 1 week, client returns for follow-up appt. Calculate average BP readings (omit day 1). If still high (\geq 135/85 code as raised blood pressure if under 80 yrs or \geq 150/95 if 80 yrs+) advise to visit GP.  Update and save template - client BP readings and pulse details sent back to GP. If still raised, Task GP to follow up patient. If normal readings – discuss health needs / lifestyle advice and signpost to One You Leeds service.	If still severe, advise client to visit GP urgently (within 24-48 hrs if possible) If not registered with a GP, advise client to visit A&E urgently (within 24-48 hrs if possible).  Give letter. Provide BP leaflet.  Update and save template - client BP readings and pulse details sent back to GP. Task GP to follow up.	If still low, ask if client has symptoms of dizziness or light-headedness.  If client HAS symptoms, advise to visit GP surgery within 3 working days for further advice and tests. If NO symptoms, signpost to NHS Choices website for information on hypotension. Give letter. Provide BP / lifestyle leaflets. Signposting to One You Leeds service.  Update and save template - client BP readings and pulse details sent back to GP. Task GP to follow up.	If pulse is still irregular, advise to visit GP surgery within 3 working days for further advice and tests.  Give letter. Provide BP / lifestyle leaflets. Signposting to One You Leeds service.  Update and save template - client BP readings and pulse details sent back to GP. Task GP to follow up.

PLEASE NOTE: IF PATIENT'S GP IS ON SYSTMONE, THEIR RECORDS WILL AUTOMATLICALLY UPDATE.
 IF PATIENT'S GP USES EMIS, PLEASE EMAIL A COPY OF THE APPROPRIATE GP LETTER TO THE GP SURGERY.
 IF PATIENT ISN'T REGISTERED WITH A GP, GIVE THE CORRECT LETTER AND ASK THEM TO REGISTER WITH A GP.
 IF THE PATIENT IS REGISTERED WITH A GP SURGERY OUT OF THE LEEDS AREA, GIVE THE LETTER AND ASK THEM TO GIVE TO GP.

