

NHS Blood Pressure Check Service: What is involved?



Providing NHS services

 Are you worried or unsure about your risk of high blood pressure?
 We can help you reduce your risk of heart and circulatory diseases



A trained member of the pharmacy team will take your blood pressure.

Your blood pressure will be measured on each arm. This may occur a few times.

This will take **around 10 minutes** and will be provided in our pharmacy consultation room.



What do the readings mean?

Blood pressure is the force of your blood moving against the walls of your arteries.

It is expressed as two numbers, one above another.

Low
A reading of
90
60
or lower

Normal
Below
140
90

High
Between
140 **179**
90 119

Very high
A reading of
180
120
or higher

Also called hypertension

If your blood pressure is **normal**, we will:

Normal
Below
140
90

- Offer healthy-living advice.
- Advise on when to get your blood pressure checked again.
- Send your blood pressure results to your general practice.

If you have **low blood pressure**, we will:

Low
A reading of
90
60
or lower

- Check if you have any additional symptoms related to low blood pressure.
- If you have symptoms, we will advise you on what to do next, including seeing your GP.
- If there are no symptoms, we will offer healthy-living advice and advise on when to get your blood pressure checked again.

If you have **very high blood pressure**, we will:

Very high
A reading of
180
120
or higher

- Check if you have any other symptoms of concern.
- Call your GP to refer you for an urgent appointment.
- Where there are any symptoms of concern, refer you to a local A&E.

If you have **high blood pressure** and no previous diagnosis of hypertension we will:

High
Between
140 **179**
90 119

- Offer additional monitoring for up to 24 hours using an **ambulatory blood pressure monitoring (ABPM) device**

Why?

- A normal blood pressure check only provides a reading for your blood pressure at that moment in time.
- The ABPM automatically measures your blood pressure at regular points while you are awake (and at while you are asleep if needed).
- This gives your GP with a clearer picture of how your blood pressure changes while you are awake (and while you sleep if needed).

What is involved?

- An ABPM can be fitted following your blood pressure check or at another convenient time.
- Fitting and explaining the device takes about 15 minutes.
- You return at an agreed time or the next day to have it removed.
- We will review and discuss your results.
- If still high, we will contact your GP to arrange a follow-up.
- If normal, we will offer healthy-living advice and advise on when to get your blood pressure checked again.