

Useful links: Patient resources

Resources on high blood pressure and how to manage it:

- British Heart Foundation hub for managing blood pressure at home so patients can feel confident checking and managing their blood pressure at home. <https://www.bhf.org.uk/bloodpressureathome>
- Stroke Association: <https://www.stroke.org.uk/what-is-stroke/are-you-at-risk-of-stroke/high-blood-pressure>

Health and wellbeing resources:

- Diet: One You website <https://www.nhs.uk/oneyou/for-your-body/eat-better/>
- Exercise: One You <https://www.nhs.uk/better-health/get-active/> “iPrescribe” app offers a tailored exercise plan by creating a 12-week exercise plan based on health information entered by the user. <https://www.nhs.uk/apps-library/exi/> (Getting active around the home: tips, advice and guidance on how to keep or get active in and around the home from Sport England: <https://weareundefeatable.co.uk> (free to access)
- Smoking cessation: One You website <https://www.nhs.uk/better-health/quit-smoking/>
- Wellbeing and Mental Health: <https://www.nhs.uk/oneyou/every-mind-matters/>

Choosing a BP Monitor:

- How to choose a BP monitor <http://www.bloodpressureuk.org/your-blood-pressure/how-to-lower-your-blood-pressure/monitoring-your-blood-pressure-at-home/>
- British and Irish Hypertension Society: Validated monitors <https://bihsoc.org/bp-monitors/>

Monitoring your own blood pressure at home:

- How to check your blood pressure using a blood pressure machine (video) <https://www.bhf.org.uk/information-support/heart-matters-magazine/medical/tests/blood-pressure-measuring-at-home>
- How to measure your BP leaflet/poster: <https://bihsoc.org/wp-content/uploads/2017/11/BP-Measurement-Poster-Automated-2017.pdf>
- Step by step guide for patients on how to take BP: https://bihsoc.org/wp-content/uploads/2017/09/How_to_instructional_leaflet.pdf
- Home monitoring diary for patients: https://bihsoc.org/wp-content/uploads/2017/09/Home_blood_pressure_diary.pdf

How to assess pulse rhythm at home:

- How to take your pulse video:
<https://www.bhf.org.uk/information-support/tests/checking-your-pulse>
- Know Your Pulse Fact sheet: www.heartrhythmalliance.org/resources/view/389/pdf
- What is an Arrhythmia? <http://heartrhythmalliance.org/resources/view/522/pdf>

Ambulatory Monitoring:

- British and Irish Hypertension Society Patient Leaflet Ambulatory Monitoring explained https://bihsoc.org/wp-content/uploads/2017/09/ABPM_Explained_-_Patient_Leaflet.pdf
- British and Irish Hypertension Society Patient Leaflet Ambulatory Monitoring Patient Diary https://bihsoc.org/wp-content/uploads/2017/09/BHS_ABPM_Patient_Diary.pdf