

Resources for hypertension

Resources on high blood pressure and how to manage it:

- British Heart Foundation New hub for managing blood pressure at home
The coronavirus (Covid-19) pandemic has meant that many people can't get to the doctor for their usual blood pressure check-ups. The BHF has created a hub of helpful information so patients can feel confident checking and managing their blood pressure at home.
www.bhf.org.uk/bloodpressureathome
- Stroke Association: www.stroke.org.uk/what-is-stroke/are-you-at-risk-of-stroke/high-blood-pressure

Monitoring your blood pressure at home:

- How to check your blood pressure using a blood pressure machine (video)-
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
- Validated BP monitors for home use:
<https://bihsoc.org/bp-monitors/for-home-use/>
- How to choose a BP monitor
www.bloodpressureuk.org/BloodPressureandyou/Homemonitoring/Choosingyourmonitor

How to assess pulse rhythm at home:

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

Options for Atrial Fibrillation remote diagnostics and blood pressure monitoring (NB may require local commissioning/ purchase)

Newly identified irregular heart rhythm

- Fibricheck: (requires smartphone/ watch) www.fibricheck.com/
- Kardia by AliveCor (needs smartphone): www.alivecor.co.uk/kardiamobile
- MyDiagnostick: www.mydiagnostick.com/
- Zenicor: <https://zenicor.com/>

Health and wellbeing resources

Diet:

- One You website www.nhs.uk/oneyou/for-your-body/eat-better/

Exercise:

- One You website www.nhs.uk/oneyou/for-your-body/move-more/
- “iPrescribe” app offers a tailored exercise plan by creating a 12-week exercise plan based on health information entered by the user. It then sets the duration and intensity of the exercise based on this information. www.nhs.uk/apps-library/iprescribe-exercise/ (free to download)
- 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)
- Dance to health: Dance to Health - dance program for older people accessed online. (free to access). www.dancetohealth.org/Online_Session/Online_Sessions

Smoking cessation:

- ‘One You’ website www.nhs.uk/oneyou/for-your-body/quit-smoking/

Wellbeing and Mental Health:

- www.nhs.uk/oneyou/every-mind-matters/

For health professionals: options for transmission of home blood pressure reading from patient to GP practice. Please visit <https://s31836.pcdn.co/wp-content/uploads/Hypertension-pathway-September-2020.pdf> for a comparison of these platforms.

- **Accurx:** <https://www accurx.com/>
- **E-consult:** <https://econsult.net/primary-care>
- **Omron-Connect:** https://www.omronconnect.com/emea/en_gb/
- **Primary Care Pathways:** <https://primarycarepathways.co.uk/>