



**Information for
patients and
carers**

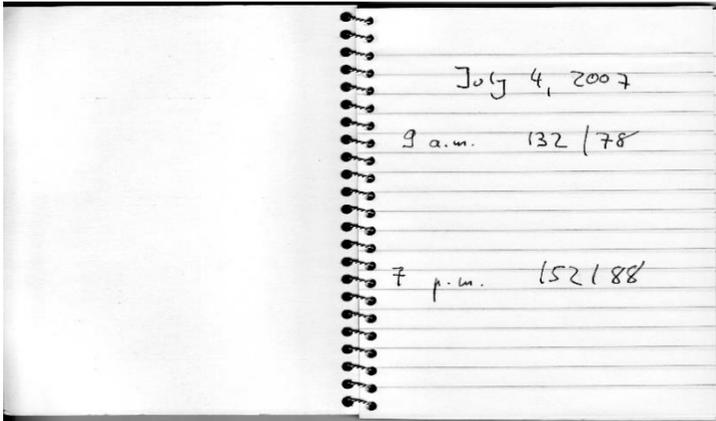
**Home monitoring of high blood pressure
in patients with kidney disease**

This leaflet is for kidney disease patients who choose to monitor their blood pressure at home



This is an example of a simple home blood pressure monitor with an upper arm cuff

- **High blood pressure (hypertension)** refers to the pressure that the blood applies to the arteries. The **systolic** pressure measures pressure as the heart contracts and the **diastolic** pressure measures the pressure as the heart relaxes. This is read as systolic over diastolic (e.g. 120 over 80)
- Almost all kidney patients suffer from high blood pressure. It is both a cause and a complication of kidney disease. High blood pressure worsens the progression of kidney disease and blood pressure control is **essential** to counteract this
- In addition, all kidney patients have a higher risk for diseases of the **heart** and the major vessels (cardiovascular disease) and blood pressure control is crucial to avoid this
- Current UK guidelines give target blood pressures for patients with and without kidney disease and the target blood pressure may also depend on other medical problems, age, and the type of kidney problem. Your kidney doctor will let you know what your target blood pressure is
- Ask your kidney doctor about the target if you are unsure



This is an example of how a booklet
with blood pressure recordings
should look like

- Treatment for high blood pressure can be monitored using blood pressure readings done in clinic and through a 24 hour blood pressure monitor. This is a test your doctor can request which involves coming to the hospital and having a monitor fitted on your arm which stays on for 24 hours and which you bring back to the hospital the next day. You do not stay in the hospital for this test
- **Home blood pressure monitoring** is a great addition to these tests because it can be done by yourself or by a relative or carer. You should use a simple blood pressure apparatus with an upper arm (**NOT** wrist) cuff. These machines are available at all pharmacies and cost between £10 and £50. Special machines are available for patients **with visual impairment**. Special **cuff sizes** may be needed for obese patients. Please ask your pharmacist who will be able to offer advice
- The blood pressure should be measured when seated and with the arm and cuff at the level of the heart. Do not take your blood pressure if in a hurry or immediately after exercise (it will be high,

which is normal in that situation). At least, you should be relaxed and seated for five minutes

- Ask your physician how often you should check your blood pressure (between three times daily and weekly). Try to establish some routine (e.g. every evening before 7pm news). Record the readings in a little booklet and have it with you if you see the GP or the Nephrologist. This will enable the doctor to see what your blood pressure recordings have been
- High blood pressure is **treatable**. Treatment reduces the risk of heart attack and stroke. Well-controlled blood pressure also slows the progression of kidney disease. Treatment is with tablets but **weight loss and reducing the salt intake** also help. Avoid salty food, extra salt and liquorice. Regular use of decongestants (i.e. nasal sprays, sachets and tablets) may elevate blood pressure so should be avoided
- Most patients require more than one tablet for blood pressure control. All tablets can have side effects. This also applies to tablets used to control high blood pressure. If you think you have side effects it is important that you report them to your GP straight away (**Do not** just stop taking any medication without first discussing it with your doctor)
- If you cannot access your **regular medications list** on your NHS, Patient Access and/or MyGP App on your smartphone then you should ask your community pharmacy or GP surgery for a print out of your repeat prescription and have it with you when you see members of the kidney team in clinic. Please also mention any one-off or acute medications you may be currently taking
- For every appointment with your GP/Nephrologist bring your booklet with blood pressures and a **CORRECT list of your repeat prescription**. It is essential that **ALL** doctors know your medication, particularly if several doctors GP, Nephrologist, heart specialist etc. are involved

Disclaimer: This leaflet was compiled on the basis of personal, institutional and published experience and current British Hypertension Society Guidelines (available at <http://www.bhsoc.org>). Other recommendations may apply to individual patients. The contents of this leaflet do **not** replace a consultation with the nephrologist.

Contact details

Should you require further advice or information please contact pre-dialysis team: 01772 522902 (answer phone).

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.kidney.org.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے پے ل مدد ی ضرورت ہے تو یی چھپا یں یی ابی دست بو ی سکت ہے برا ے مہر ی بان بو ے ی چھدی. معلومات

Arabic:

مطبوعه بأ ح ر ف ك ب ي ر ة و بلغات إذا كنت تريد مساعدة في فهم هذه لمعلومات يُرجى أن تطلب أخرى يمكن تو فير هذه المعلومات

Department: Renal Medicine

Division: Medicine

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