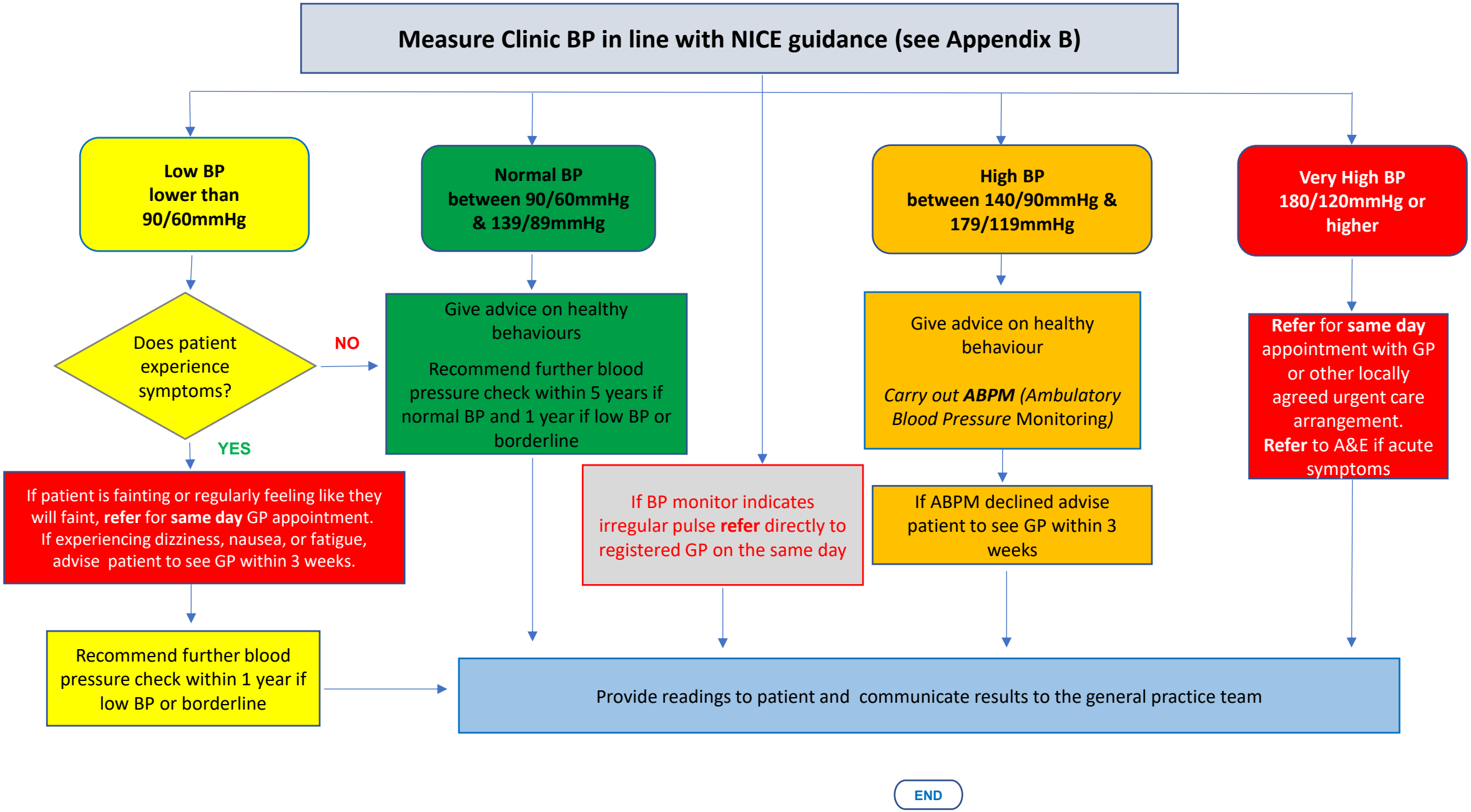
Measure Clinic BP in line with NICE guidance (see Appendix B)
Low BP lower than 90/60mmHg
Normal BP between 90/60mmHg & 139/89mmHg
High BP between 140/90mmHg & 179/119mmHg
Very High BP 180/120mmHg or higher
Does patient experience symptoms?
NO
YES
Give advice on healthy behaviours
Recommend further blood pressure check within 5 years if normal BP and 1 year if low BP or borderline
Give advice on healthy behaviour
Carry out ABPM (Ambulatory Blood Pressure Monitoring)
Refer for same day appointment with GP or other locally agreed urgent care arrangement.
Refer to A&E if acute symptoms
If patient is fainting or regularly feeling like they will faint, refer for same day GP appointment.
If experiencing dizziness, nausea, or fatigue, advise patient to see GP within 3 weeks.
If BP monitor indicates irregular pulse refer directly to registered GP on the same day
If ABPM declined advise patient to see GP within 3 weeks
Recommend further blood pressure check within 1 year if low BP or borderline
Provide readings to patient and communicate results to the general practice team
END