

Traffic light Guide to BP Measurement in Care Homes*

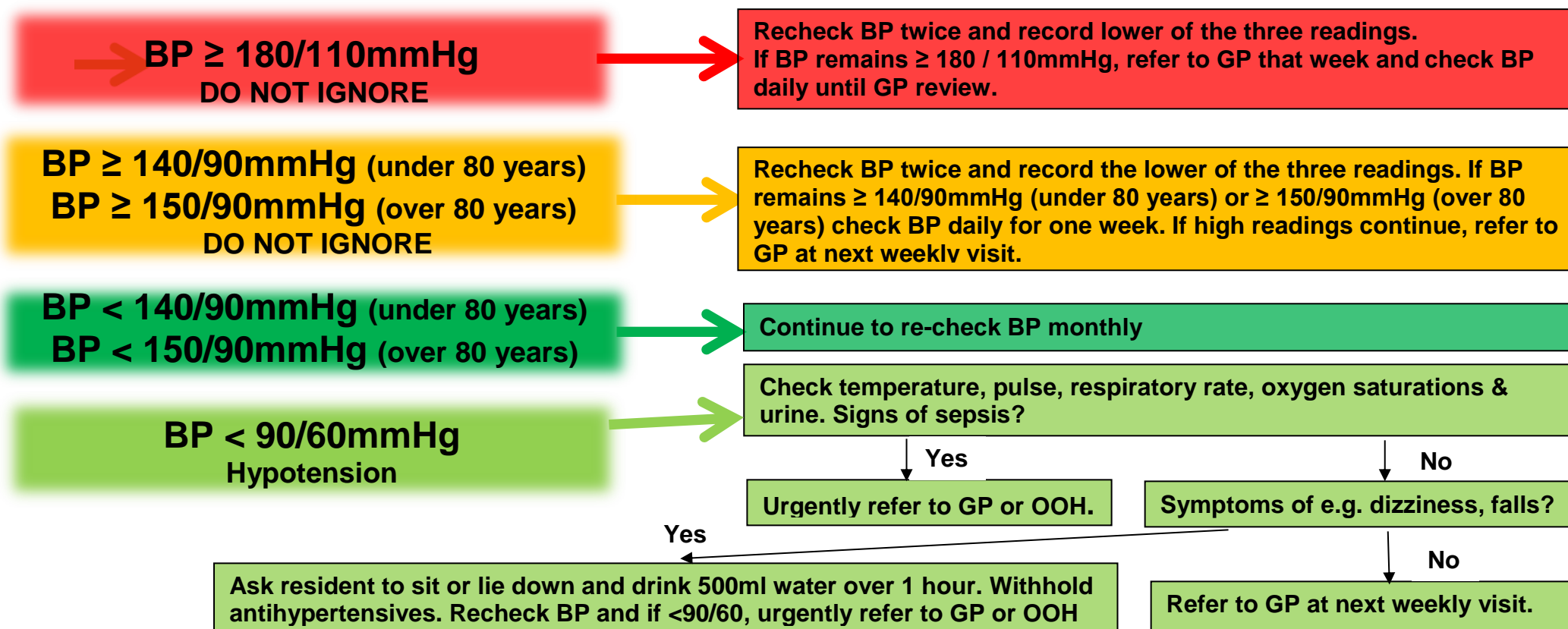
- ❖ High BP usually has no signs or symptoms but sustained high BP increases the risk of heart attack, kidney disease, stroke or dementia.
- ❖ Very high or very low BP can be a sign that residents are at risk of deterioration.
- ❖ Many things can affect BP, so trends in BP readings are important.
- ❖ Routine BP monitoring should occur on weekdays.

This is a guide to responding to BP measurements – some residents will have individual care plans.

Always use clinical judgement.

Blood Pressure

Actions



- *Adapted from Traffic light Guide to BP Measurement SEL APC & SWL Oct 2014 with kind permission
- OOH means out-of-hours service