Blood pressure monitoring during Coronavirus Outbreak

Your GP Surgery is very busy planning and delivering emergency care to the local population during the Coronavirus outbreak.

We are unable to provide Blood Pressure monitoring at this time as it is not sensible to share blood pressure monitoring equipment.In addition we have been advised to minimise attendance at the Surgery for your safety.

We do still want to support you with you keeping your blood pressure at a safe level.

Therefore we would encourage you to purchase a machine to monitor your blood pressure yourself.

These can be purchased for £15 pounds upwards from your local chemist including Lloyds Pharmacy and The Queens Road pharmacy, as well as online.

Useful information can be found here about blood pressure monitors.

<http://www.bloodpressureuk.org/BloodPressureandyou/Homemonitoring/Choosingyourmonitor>

For efficiency please use our [website](https://www.fordingbridgegps.co.uk/) to securely submit your readings at <https://www.queensroadpartnership.co.uk>

Scroll down the home page and you will see a link to “UPDATE CLINICAL RECORD” on the left hand side or you can do so directly [here](https://www.queensroadpartnership.co.uk/SecureForm?FID=e2d56737-a16e-49f7-8366-fa756bcff124&FT=0&GP=151b279e-a84d-4c3a-bcba-c239eb1010d3). There is advice on what to do at the top of the page.

You can monitor your blood pressure from home

<http://www.bloodpressureuk.org/BloodPressureandyou/Homemonitoring>

We will only contact you about your blood pressure if it is elevated.

Depending on the demands throughout the coronavirus outbreak we may only contact you if it is significantly elevated and putting you at immediate risk.

Please do what you can to control your blood pressure using lifestyle measures

<https://patient.info/heart-health/high-blood-pressure-hypertension/lifestyle>

We would also kindly ask that you also input your height weight and alcohol and smoking history to help us manage your health

With thanks

QRP

**This is to email/give to anyone wanting to have bp checked/monitored during coronavirus outbreak**

**Accu Rx /mjogmessage**

1. Important message about your blood pressure management during the outbreak.

Please read the following statement on our website. (link to above)