

Know your

blood pressure

How to make your event a success

Rebuilding lives after stroke

Stroke
Association



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The Know Your Blood Pressure campaign

High blood pressure plays a part in over half of all strokes. But if you know you have it, you can do something about it.

Our Know Your Blood Pressure campaign helps people understand the link between high blood pressure and stroke. It raises awareness of other risk factors too, like atrial fibrillation (a type of irregular heartbeat), and smoking. It also lets people know what they can do to lower their blood pressure and reduce their risk of a stroke.

Every year, we run over 2,000 events and test around 55,000 blood pressures, helping prevent strokes and save lives. We couldn't do this without your support. Thank you.

This guide will tell you everything you need to know about organising your event.

If you have any questions, please visit stroke.org.uk/kybp, email kybp@stroke.org.uk or call us on **01527 908918**.

High blood pressure and stroke

What is blood pressure?

Your heart beats an average of 70 to 80 times a minute, pumping blood around your body, through your arteries, and to your brain. Blood pressure is the force with which the blood presses on the walls of the arteries as it does this.

How do we measure blood pressure?

Blood pressure is measured with two readings:

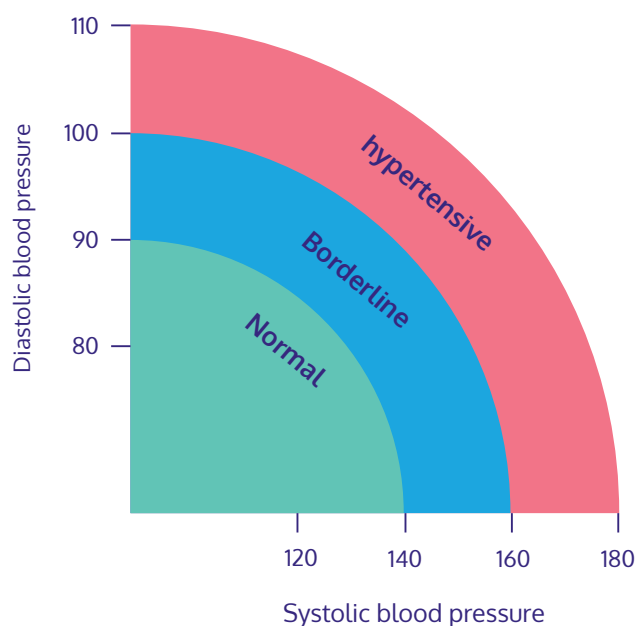
- when the heart beats – this is called systolic pressure
- when the heart relaxes – this is called diastolic pressure.

Blood pressure is always higher when the heart beats than when it relaxes. Both pressures are measured in 'millimetres of mercury' or 'mmHg'.

When you're given a measure of your blood pressure, it's shown as a fraction: your systolic pressure over your diastolic pressure. It might look like this: **120/80 mmHg**.

Key facts about blood pressure

- Ideal blood pressure is less than 120/80 mmHg.
- A normal adult blood pressure should be less than 140/90 mmHg.
- If your blood pressure is consistently above 140/90 mmHg (or 130/80 mmHg if you have diabetes) then you're considered to have high blood pressure.
- High blood pressure is sometimes called 'hypertension'.



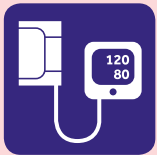
What causes high blood pressure?

Your blood pressure is affected by:

- Age – older people are more likely to develop high blood pressure.
- Ethnicity – high blood pressure is more common in some ethnic groups, such as people from African-Caribbean or South Asian communities.
- Family history – high blood pressure can run in families.
- Gender – men are more likely to develop high blood pressure than women.
- Lifestyle – blood pressure can be raised if you're overweight, drink too much alcohol, smoke, eat too much salt, or don't take regular exercise.

What are the symptoms of high blood pressure?

High blood pressure rarely has symptoms, so there's usually no way to know your blood pressure is high unless you have it measured. That's why blood pressure checks, like the ones we offer at Know Your Blood Pressure events, are vital.



1 in 4 adults have high blood pressure. For every 10 people with a diagnosis, there are 7 others who have undiagnosed high blood pressure.

What's the link between high blood pressure and stroke?

A stroke happens when the blood supply to the brain is disrupted. High blood pressure puts a strain on blood vessels all over the body, including arteries to the brain. The pressure can damage the lining of an artery, allowing blood clots to form. These can block blood from flowing to the brain or cause blood vessels to burst, leading to bleeding in the brain.

When the blood supply is disrupted, a stroke can happen and parts of the brain can become damaged or destroyed. Some strokes are fatal, while others can cause permanent or temporary disability, including muscle weakness, communication problems, emotional changes and fatigue.

Our Know Your Blood Pressure events give a reading of a person's blood pressure at that moment. They don't provide a definitive diagnosis of high or low blood pressure, as this cannot be determined from a single reading. A medical professional will be able to investigate further and make a diagnosis if necessary.

How to reduce high blood pressure – and the risk of stroke

You can lower your blood pressure by making lifestyle changes, such as:

- Stop smoking
- Eat a healthy diet
- Follow NHS guidelines on drinking alcohol
- Take regular exercise.

If this doesn't reduce your blood pressure to a normal range – and it's consistently above 140/90 mmHg – you might need medication

Low blood pressure

Blood pressure is considered low if it's at or below 90/60 mmHg. But most people with low blood pressure are seen to have a reduced risk of stroke or heart attack. So a blood pressure reading lower than 120/80 isn't usually a problem. You can reassure people of this when they have their blood pressure checked.

Event attendees can find out more about low blood pressure on the NHS website. If they still have concerns, or are worried they have related symptoms – for example, feeling faint when they stand up – they can visit their GP for advice. However, they will need to make that decision as we don't give advice to visit a GP based on low blood pressure.

Recognising a stroke

– the FAST test

F

Face

Can the person smile?
Has their face fallen on one side?



A

Arms

Can the person raise both arms and keep them there?



S

Speech problems

Can the person speak clearly and understand what you say? Is their speech slurred?



T

Time

If you see any of these three signs, it's time to call **999**.



Facts about stroke



A stroke can happen to anyone, **at any age, at any time.**



Each year there are more than **100,000 strokes in the UK.**



Stroke is the fourth single biggest cause of death in the UK, causing **1 in 14 deaths**



Stroke is a leading cause of **disability** in the UK

When someone is having a stroke, every second counts. They need to be treated as soon as possible, to limit the damage to their brain. We want more people to know about FAST, so they can spot the signs of stroke and treat it as a medical emergency by calling 999.

Sharing the FAST test can save lives. You can help by demonstrating the FAST test to attendees at your Know Your Blood Pressure event and encouraging them to share it with their family and friends.

To order FAST materials to hand out at your event, use the materials order form at stroke.org.uk/KYBP



Atrial fibrillation

– another risk factor for stroke

What is atrial fibrillation?

Atrial fibrillation (AF) is the most common type of irregular heartbeat. It's more common as you get older. **1.2 million people in the UK** are living with AF, with an estimated further half a million people who have it but haven't been diagnosed.

How is atrial fibrillation linked to stroke?

If you have an irregular heartbeat, your heart may not have a chance to empty itself of blood properly before filling up again. This means that the blood does not move quickly and smoothly, and can form clots inside the heart. These clots can then travel in the bloodstream towards the brain, where they can block the blood flow to your brain and cause a stroke.

AF increases your risk of stroke by up to five times and contributes to **1 in 5 strokes** in the UK. Diagnosing AF is vital as strokes due to AF are often more severe, but your risk can be reduced through proper medical treatment.

What are the symptoms of atrial fibrillation?

AF often has no symptoms, but when it does, these can include:

- **palpitations**
- **breathlessness**
- **chest discomfort**
- **fatigue.**

You can have your pulse checked by your GP or medical professional, or use a home testing device, which are now available online and at high street chemists, for both blood pressure and irregular heartbeat.

Organising your Know Your Blood Pressure event: **A checklist**



Before the event:

- Choose a date
- Book your venue (see page 10).
- Register your event with the Know Your Blood Pressure team at least four weeks beforehand (find out how on page 10)
- Recruit volunteers (see page 10 for advice).
- Recruit healthcare professionals to measure blood pressure (see page 11). You can also ask if there are local trained Stroke Association staff or Prevention Ambassadors (volunteers) who can help at your event.
- Order your materials. You'll need to do this at least three weeks before your event (see page 11 for details of what's available and how to order). Check you have all the equipment you need on the day (there's a list on page 11)
- Carry out a risk assessment (see page 12 for more information).
- If your venue needs a copy of the Stroke Association insurance certificate, you can download one from stroke.org.uk/kybp

On the day:

- Talk to passers-by about preventing stroke and hand out materials.
- Encourage as many people as possible to have a look at the stand and have their blood pressure taken.
- Complete the consent form (Form 1) and the Anonymised Data form (Form 2) for each person who has their blood pressure taken.

After the event:

- Return the completed forms to the Stroke Association within two working days of your event. Please post your data collection forms back to us by Royal Mail Signed For 2nd Class post.
- Send a follow-up press release to the local media (see page 14 for more on press releases).
- Complete an evaluation form online at stroke.org.uk/kybp
- If you would like to, tell the Know Your Blood Pressure team how things went on the day. Email us at kybp@stroke.org.uk

Organising your event

How do I register my event?

You need to register your event with the Stroke Association before it takes place, ideally with at least 4 weeks notice. You can do this at stroke.org.uk/KYBP

Where can I hold my event?

We want all our Know Your Blood Pressure events to reach as many people as possible. When you organise your venue, choose a busy public place that's easy to get to, like a shopping centre, supermarket or leisure centre. Community spaces and places of worship also make great venues.

You will need enough space for:

- A registration table, big enough to display your Know Your Blood Pressure leaflets, factsheets and other materials
- Comfortable seats
- Blood pressure testing stations. Each station will need a table and two chairs (one for the person having their blood pressure checked and one for the trained person taking the blood pressure). If there's space, screen off each station for privacy. You can work out how many stations you'll need once you know how many health professionals, Prevention Ambassadors or trained Stroke Association staff will be at your event to take blood pressures.

Who do I need to help me?

You will need at least two people to help you – one who has been trained to take blood pressure and one to talk to visitors. Ideally you'll have some extra volunteers to work on the registration stand, encourage passers-by to come and have a look at your information materials, hand out leaflets and demonstrate the FAST test.

Who can take blood pressure readings?

Blood pressure readings must only be taken by:

1. Clinically trained healthcare professionals
2. Stroke Association staff or Prevention Ambassadors (volunteers), who have attended the relevant face-to-face Stroke Association Prevention and Know Your Blood Pressure training.

There are two ways to take a blood pressure reading:

1. Automatically – using a blood pressure machine (digital sphygmomanometer). Anyone taking readings this way must either be a medical professional who has been trained to do so as part of their medical role, or someone who has been trained to do so through the Stroke Association's Stroke Prevention Awareness training.

2. Health professionals only:

Manually – using a machine called an aneroid sphygmomanometer.

Taking blood pressure readings this way is a skilled task and must be done by a trained healthcare professional with their own equipment – this may include doctors, nurses, emergency care assistants, paramedics, ambulance technicians, and healthcare assistants.



Taking blood pressure readings requires a lot of concentration and can be tiring. Please make sure you have a rota for everyone who is taking blood pressure readings. No one should work more than two hours without a break.

How can I recruit health professionals or trained volunteers?

Try approaching your local:

- Ambulance station
- GP surgeries/medical centres
- Hospitals, especially A&E departments and stroke units
- District and community nurses

Things to tell your potential recruits:

- Why you're doing the event and what you want to achieve. For example, it could help identify undiagnosed or poorly controlled cases of high blood pressure in the local community.
- The date and exact times they would be needed
- This is a Stroke Association event
- It's covered by Stroke Association insurance
- The data collection complies with all GDPR regulations.

What equipment do I need?

Blood pressure testing equipment

You'll need blood pressure testing equipment for each of your testing stations. Many health professionals will have their own, but you must check if they can bring it with them or if you'll need to provide equipment for them. Loans can sometimes be arranged with GP surgeries, out-patient departments and health promotion units.

Know Your Blood Pressure forms (see page 16)

- Consent form (Form 1)
- Anonymised data form (Form 2) (see page 16)

Know Your Blood Pressure leaflets

Other Stroke Association materials, including posters and leaflets (see page 13)

You can order materials and forms online at stroke.org.uk/kybp

You'll need to have registered your event and have your event number before you can do this.

Do I need to organise insurance?

The Stroke Association has medical malpractice and public liability insurance that covers pre-registered Know Your Blood Pressure events, so you won't need to organise your own.

However, every Know Your Blood Pressure event must be registered with the Stroke Association in advance. If it's not registered, it won't be covered by our insurance policy.

If you've registered your event, you'll have received your event reference number. You can download our insurance certificates online at stroke.org.uk/kybp

If you still need to register your event, please do this on our website. If it's less than two weeks to your event, please register it online and also call or email us as soon as possible on kybp@stroke.org.uk or **01527 908918**.

Remember, if you don't have an event number, your event can't go ahead as you won't be insured against medical malpractice and public liability.

You'll find more details about event insurance at stroke.org.uk/kybp



Do I need to carry out a risk assessment?

It's your responsibility as the event organiser to conduct a risk assessment before organising any event. You may be asked to provide a copy of a risk assessment by your venue.

There's more advice and a risk assessment template at stroke.org.uk/kybp
The Health and Safety Executive also has information on risk assessments at hse.gov.uk/risk

Can I fundraise at my event?

We are a charity and rely on donations for the important work we do, so we'd be delighted if you held a collection at your event.

However, it's really important that you don't ask for a donation in exchange for a blood pressure check. Blood pressure checks at the Know Your Blood Pressure events must be free and available to everyone.

To find out more about fundraising on the day, talk to your regional Community Events and Fundraising Manager – for contact details, go to the **Fundraising section** of stroke.org.uk

Posters, leaflets and factsheets



Know Your Blood Pressure forms: Consent form (Form 1) and Anonymised Data form (Form 2)

Every event attendee must first complete a Consent form before their blood pressure is taken and any more information recorded. An Anonymised Data form should then be completed. This second form has a carbon copy which should be given to the attendee at the end of their blood pressure check. These come in pads, and there are enough forms for 50 attendees in each pad.



Know Your Blood Pressure information leaflets

Everyone who has their blood pressure taken should be given one of these.



Materials to help you promote your event

We have posters to:

- Help you advertise your event in advance. These include space for you to add the venue, date and time.
- Put up in the venue and on your stand on the day.



Stroke Association leaflets, posters and factsheets

We have information leaflets and posters for you to give out at your event, including:

- Reducing your risk leaflet
- High blood pressure and stroke factsheets
- FAST leaflets and cards.



How do I order materials? You'll find a materials order form online at: stroke.org.uk/kybp.

Please order your materials as early as you can. To make sure they arrive in time, you'll need to place your order at least three weeks before your event.

Promoting your event

You've done the hard work organising your event. But don't forget to promote it in your local area and encourage people to come along on the day and get their blood pressure tested.

Before the event

- Send a press release to local newspapers, magazines and websites. You can usually find their contact information on their websites. You'll find a press release template and advice on how to write one at stroke.org.uk/kybp. Send the release at least a week before your event, and follow it up with a phone call.
- Put up Know Your Blood Pressure posters in your local area, advertising the date and time of your event. Order these using the online form at stroke.org.uk/kybp
- Use Facebook and Twitter to spread the word about your event and why it's important.

On the day

- If possible, arrange for a local photographer to come along. Try to include Know Your Blood Pressure posters and leaflets in any pictures.

After the event

- Send a follow-up press release to your local media contacts. You can use the template at stroke.org.uk/kybp or write your own.

There are more hints and tips on promoting your event in your local area at: stroke.org.uk/kybp

On the day

What happens at a Know Your Blood Pressure event?

1. When an attendee arrives, a health professional or volunteer should explain a) how the blood pressure check works and b) why knowing your blood pressure can reduce the risk of a stroke.
2. The attendee fills in the Consent form (Form 1) – this gives consent for the blood pressure check to take place. They need to complete this form before any other information is taken and before the blood pressure check.
3. The attendee fills in their information on the Anonymised Data form (Form 2).
4. The trained person does the blood pressure check and records the reading on Form 2.
5. The health professional or volunteer gives the attendee their blood pressure reading and explains it, recording any advice given on Form 2. They should give them the duplicate (blue) copy of Form 2 and a Know Your Blood Pressure leaflet.
5. If possible, a health professional or volunteer demonstrates the FAST test (see page 6) and gives out a FAST leaflet.
6. Blood pressure cuffs, stethoscopes and tubing are cleaned, according to the infection prevention and control guidelines (see page 20).

Volunteering with the Stroke Association

If you meet anyone at your event who would like to become a Stroke Association volunteer, please thank them and direct them to our website: stroke.org.uk/involved/volunteer

Consent form for healthcare professionals

Please photocopy this form below, give a copy to every healthcare professional taking blood pressure at your event, and ask them to sign it.

Event number: –

Thank you so much for helping at our Know Your Blood Pressure event.

Please read the following statements

By signing this form, you're confirming that you are appropriately trained to take blood pressure readings.

- I am appropriately and professionally trained to take blood pressure readings (if applicable), and have the relevant experience required.
- I agree to use the forms provided by the Stroke Association for this event and to fill them in accurately and completely using the provided guidance.
- I am aware blood pressure readings are accurate at the time given, but I understand they can vary from day to day.
- I understand that this is not a medical examination and for advice on health I should direct people to consult their doctor.

Name:

Signature:

- Tick here to join the Stroke Association professionals' network. We'll keep you up to date on the latest information for healthcare professionals and how we can help you and your patients. **Visit stroke.org.uk/professionals**

How to fill in the Know Your Blood Pressure attendee forms

Form 1 – Consent form

Consent signature, postcode, event number and date.

This must be complete before the blood pressure check can take place and before any other information is recorded. If an attendee doesn't want to give consent then we can't go ahead with the check.

Follow-up sign up

This is optional. If an attendee is happy to give us their email address then we will use this to send them a maximum of two follow-up emails, with links to surveys asking them about their experiences of and after the event. For example, did they go to see their GP and could they get an appointment within the given timeframe?

Form 2 – Anonymised data form

Basic information

This includes:

- The date of your event
- Your event number
- The first half of the attendee's postcode. We use this to track stroke risk factors by area so that we can petition local authorities and commissioners for better services.
- If the attendee has had a mastectomy or lymph nodes removed. This may mean we can't check their blood pressure. (See page 19 for more information.)

Risk factor questions

These questions will help you to talk to the person having their blood pressure taken about what might affect their risk of a stroke.

Blood pressure test

- a. Blood pressure reading: write the results of the blood pressure check in here. If it's above 140/90, take it a second and third time and write the figures in the second and third sets of boxes.
- b. Give the relevant guidance for the blood pressure reading taken. Use the chart on page 21. Make sure you also tick the relevant guidance box on the form. Discuss this reading with the attendee, using their risk factor information to talk about reducing their risk of a stroke.

For example: your blood pressure reading today is 165/95. This is considered to be a high reading, which suggests you may have high blood pressure. This is not a diagnosis, and reflects a single reading at this point in time. This is not something to panic about, but we would advise that you make an appointment with your GP in the next month to discuss today's reading.

There are also some things you can do to reduce your risk of stroke. You mentioned that you have a family history of stroke, so making some changes would help you to reduce your risk. You could do this by stopping smoking, and also making sure you control diabetes with support from your GP.

Additional discussions (optional):

Explain what the FAST test is and why it's important. Give each attendee some information on FAST, for example a leaflet and wallet cards.



Referrals and advice

Health professionals and trained volunteers must use the Stroke Association's blood pressure guidance (page 21). Photocopy this page and keep a copy at each blood pressure testing station.

Everyone who has their blood pressure tested at a Know Your Blood Pressure event must be given the completed carbon copy of their Anonymised Data form (Form 2). This gives them a record of their blood pressure reading and any further action they should take.

The top sheet of paper should be collected by the event organiser and posted back to the Stroke Association, by Signed For 2nd Class post.

Please make sure you've put your event number on every form.

Taking blood pressure at Know Your Blood Pressure events

This section is for health professionals and trained Stroke Association staff and ambassadors who'll be taking blood pressure readings at Know Your Blood Pressure events.

It includes information and practical advice on:

- Taking accurate blood pressure readings
- Our procedure for giving members of the public who've had their blood pressure taken more information or possibly guidance to see their GP.

Please note: the information in this section is NOT intended to be a comprehensive training guide. We expect healthcare professionals to have received appropriate training as part of their job and for Stroke Association staff and ambassadors to have attended face-to-face Prevention and Know Your Blood Pressure training.

Equipment

Blood pressure readings can be taken using either:

- A digital blood pressure machine (automatic sphygmomanometer)
- An aneroid (manual) sphygmomanometer (healthcare professionals ONLY).

Hints and tips

If you're a health professional, you may take blood pressure regularly as part of your normal clinical practice. However, we would ask you to read these pages as it's vital for our insurance that blood pressure readings are taken and guidance given consistently at all Know Your Blood Pressure events across the UK.

Know Your Blood Pressure events often take place in busy spaces, so here are **some tips to make the experience as comfortable as possible**:

Help attendees feel at ease.

Allow people time to rest before taking their blood pressure. They can fill in their Consent form and questions on the Anonymised Data form while they're waiting.

Create some privacy.

If it's not possible to screen off an area, try to leave some space between you and the other blood pressure testing stations.

Sit down.

To help people feel comfortable, make sure that you're both sitting down when taking the reading. This will also help protect your back.

Remember

No sleeve or a loose sleeve is best.

Where possible, take a blood pressure reading on a bare arm. If the person needs to roll up their sleeve, make sure that it's not too tight because this can restrict blood flow. Blood pressure can be taken over thin fabric, but these readings are less reliable.

Use the right size cuff.

Taking blood pressure with a cuff that is too small can be very uncomfortable and result in an unreliable and raised reading.

Go for the best of three.

Where blood pressure reading is high, if possible take two further readings with a few minutes between each. Base your guidance on the lowest reading of three.

How to use an automatic machine (digital sphygmomanometer)

1. Explain the procedure to help put people at ease. If someone is having their blood pressure measured for the first time, let them know that they might experience some minor discomfort when the cuff inflates.
2. Ask the person to sit down and rest their arm so that the forearm is at the level of the heart. Lowering the arm below heart level will lead to an overestimation of systolic and diastolic pressures, while raising it above will cause an underestimation.
3. Make sure the person's arm is supported on the table. This is important because lack of support can increase the blood pressure and heart rate by as much as 10%.
4. Check the attendee has not had a mastectomy near either arm. If they have, you must not take a blood pressure on the affected limb as it could trigger permanent lymphoedema. If they have had a double mastectomy then you will not be able to take a blood pressure reading, however you can still discuss stroke risk factors.
5. Use the left arm if possible. It's thought to give the optimum reading as it's nearer the heart.
6. Where possible, take a blood pressure reading on a bare arm. If the person needs to roll up their sleeve, make sure that it's not too tight because this can restrict blood flow.
7. Use the correct size cuff for the arm. One that is too short will cause an overestimation of blood pressure while one that is too long will cause an underestimation of up to 10-30 mmHg.
8. Wrap the cuff around the arm. The lower edge should be 2-3 cm above the point of the brachial artery pulsation.
9. Press the button and wait quietly for the cuff to inflate and deflate. It's important not to talk as the machine is sensitive to noise.
10. When the arm cuff has fully deflated, the blood pressure reading will appear on the digital display.
11. If you get a very high reading with an automatic machine, please take another reading after a few minutes.



We don't give guidance here on using manual machines (aneroid sphygmomanometer), as we would only recommend that trained healthcare professionals use them at Know Your Blood Pressure events. If you're not sure, then we recommend you use a digital automatic BP machine.

Infection prevention and control – information for all volunteers

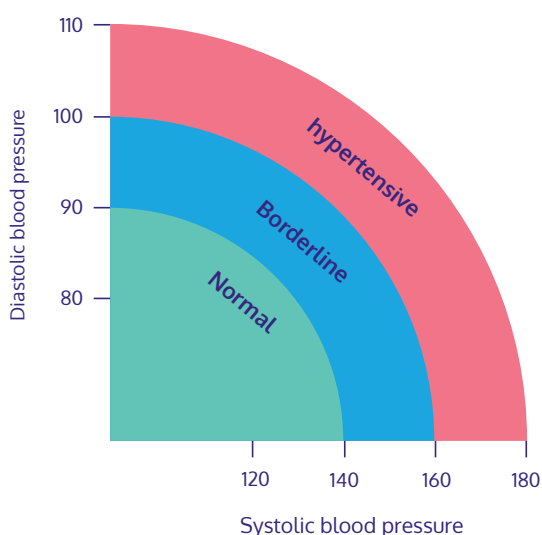
Hand hygiene

- Use alcohol hand sanitiser before and after contact with each person, and before you clean any equipment. Or wash your hands if there are facilities.
- Clean hands with soap and water before and after eating.
- Use moisturising cream to help prevent dry skin. You could also wear protective gloves.

Cleaning equipment

BP cuffs are considered low risk items, as they normally only come into contact with intact healthy skin. However, there is some evidence that stethoscopes and BP cuffs can become contaminated with micro-organisms after multiple contacts. Equipment can be cleaned with a detergent or sanitising surface wipe and either air-dried or wiped dry with a clean paper towel each time it's used.

How to interpret blood pressure readings and referrals



Ideal blood pressure is less than 120/80 mmHg.

Once you've confirmed the blood pressure reading, refer to the chart above. It shows the range of blood pressure readings and the categories they fall into. It also tells you what action to take and which box to tick on Form 2.

Remember, while it's important to let people know if they have or might be at risk from high blood pressure, try not to frighten or alarm them. Don't tell them that they definitely have high blood pressure, as a single reading is not a diagnosis. Instead, say that the reading suggests that they might have high blood pressure.

For example:

Your blood pressure reading today is 165/95. This is considered to be a high reading, which suggests you may have high blood pressure. This is not a diagnosis, and reflects a single reading at this point in time. This is not something to panic about, but we would advise that you make an appointment with your GP in the next month to discuss today's reading.

A GP would take their blood pressure on two or more subsequent occasions. If it was consistently high, the GP may diagnose them with high blood pressure.



Remember, **only a GP or doctor** can give a definite diagnosis

Blood Pressure Guidance



You may find it useful to photocopy this chart and keep one at each blood pressure testing station

Blood pressure reading	Considered to be	Range	Referral advice	Action
below 120/80 mmHg	Optimal	Normal blood pressure	No further action required	Select 'No further action required' on Form 2
120/80 – 129/85 mmHg	Normal	Normal blood pressure	No further action required	Select 'No further action required' on Form 2
130/85 – 139/89 mmHg	Higher normal	Normal blood pressure	No further action required	Select 'No further action required' on Form 2
140/90 – 159/99 mmHg (or over 130/80 mmHg if the person has diabetes)	Mild hypertension	High blood pressure	Advise person to contact GP surgery within one month as a follow-up appointment may be required.	Select 'Routine follow up' on Form 2
160/100 – 179/109 mmHg	Moderate hypertension	High blood pressure	Advise person to contact GP surgery within one week as an urgent follow-up appointment is required.	Select 'Urgent follow up' on Form 2
180/110 + mmHg	Severe hypertension	High blood pressure	Advise person to contact GP surgery within one week as an urgent follow-up appointment is required.	Select 'Urgent follow up' on Form 2
180/110 + mmHg and showing any of the following symptoms: <ul style="list-style-type: none"> • headache • retinal haemorrhage • palpitations • papilloedema • pallor • diaphoresis 	Severe hypertension and symptomatic	High blood pressure	Hospital admission may be necessary – seek medical attention immediately.	Select 'Hospital admission advised' on Form 2 and seek immediate medical attention

Returning the data forms

After the event, please return your copies of Form 1 and Form 2 to the Stroke Association within two working days of the event. Please post them Signed-For 2nd Class to:

**Know Your Blood Pressure
Stroke Association
Life After Stroke Centre
Church Lane
Bromsgrove
B61 8RA**

Once you have posted the forms please email your reference/tracking number, which can be found on your postage receipt, to the KYBP team: kybp@stroke.org.uk

Why do we need these forms?

The data we collect through Form 2 will help us understand blood pressure levels in the UK. We use this information to inform the work that we do to help prevent stroke, so we really appreciate you taking the time to complete these forms. It's also a legal requirement (data protection) that we receive all the forms after the events.

Evaluation

After your event, we may send you a link to our online evaluation form. We'd be really grateful if you could fill this out. It helps us find out what's working well and what we can improve.

Thank you so much for taking part in a Know Your Blood Pressure event. We really appreciate your support.



Thank you so much for taking part in a Know Your Blood Pressure event. We really appreciate your support.

When stroke strikes, part of your brain shuts down. And so does a part of you. Life changes instantly and recovery is tough. But the brain can adapt. Our specialist support, research and campaigning are only possible with the courage and determination of the stroke community. With more donations and support from you, we can rebuild even more lives.

Donate or find out more at stroke.org.uk

Contact us

We're here for you. Contact us for expert information and support by phone, email and online.

Stroke Helpline: **0303 3033 100**

From a textphone: **18001 0303 3033 100**

Email: helpline@stroke.org.uk

Website: stroke.org.uk

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