

Patient information

The care of the Ambulatory Emergency Care (AEC)

Acute Medical Unit (AMU)

This service has been set up to allow us to carry out your investigations and treatment as an outpatient, with the aim of avoiding admitting you to hospital where possible.

Your health professional has diagnosed you as having hypertension, also referred to as high blood pressure

Your pathway: High blood pressure (hypertension)

Your plan:

(Health Care Professional to select)

- ☐ We have discharged you to your GP
- ☐ We have organised some tests*
- ☐ We have referred you to a speciality clinic*

AEC hot clinic ☐ Hypertension clinic ☐ Other ☐ _____

- ☐ We have started you on some new blood pressure medication

Please ensure you request a repeat prescription from your GP in plenty of time to avoid missing any doses

Medications started: _____
(Provide two week supply)

Tests organised: _____

*If you do not hear from us in four weeks with either a clinic date or any details of these tests please telephone:

0151 529 6330

Monday to Friday excluding bank holidays

See next page for further information

Hypertension (High blood pressure)

Ambulatory Emergency Care (AEC)

What next:

- We strongly advise you to visit an optician as soon as possible for a full visual assessment
- We recommend that you take your blood pressure medication consistently as prescribed, to reduce your risks of stroke and heart attack.
- Report any medication side – effects to a health professional. Avoid stopping your medication unless advised to do so.
- We recommend purchasing a blood pressure monitor where possible, so that you can keep a record of your blood pressure readings.
Examples of medically approved models can be found on-line on the British Heart Foundation website:

<https://www.bhf.org.uk/information-support/risk-factors/high-blood-pressure>

Click on the heading: “Where can I get my blood pressure measured or tested?”

- Allow time for your new medication to work before measuring your blood pressure. This usually takes approximately 72 hours after starting it.
- Keep a diary of your blood pressure recordings (morning and evening) and bring them with you to your clinic appointment.

Please seek medical attention if you become unwell

If you experience sudden onset severe headaches, visual changes or central crushing chest pain that persists please contact 111.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

British Heart Foundation website – ‘High Blood Pressure’

<https://www.bhf.org.uk/information-support/risk-factors/high-blood-pressure>

Author: Acute Medical Unit (AMU)

Review date: March 2028

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نه خوشانهی له لایه ن تراستهوه پهسه نند کراون، نهگمر داوا بکرنیت له فورماتهکانی تردا بریتى له زمانهکانی تر، نیزى رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و نهلیکترۆنیکی همیه.

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