

Patient information

Hypertension Clinic

Pharmacology and Acute Medicine

Who are we?

We are a hospital-based team that focuses on patients with difficult to control blood pressure, patients with severe hypertension, and patients with multiple drug intolerances.

What do we do?

We will try and find an underlying cause for your high blood pressure and determine if there is any damage to organs that are sensitive to high blood pressure.

How will we do it?

Blood tests:

We do specialist blood tests in the clinic to check for underlying causes of high blood pressure. We will also check your blood tests after we change your medications.

Tapes/Monitors:

We may request investigations like a 24-hour blood pressure monitor, to see the variation in your blood pressure throughout the course of a day and night. Depending on symptoms, we may also request a 24-hour monitor of your heart tracing.

Imaging:

We also may request imaging such as ultrasounds, echocardiograms and MRIs. These can help diagnose if there is any underlying cause for hypertension and to see if there is any underlying damage to organs from hypertension.

What happens next?

- We would like you to keep a BP diary (see next page)
- Please bring a list of your medications to clinic
- We will optimise your BP medications to improve your BP control

Blood pressure diary

A blood pressure diary is incredibly helpful to complete prior to your first appointment, to help guide what treatments and investigations are required.

How to check your BP: make sure you are sat comfortably for two-three minutes. Keep your arm resting, at the level of your heart. Check your BP three times. Ignore the first reading and record the lowest out of the remaining.

[illegible]

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

Clinical Pharmacology secretaries 0151 706 3563

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

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونياً.

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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 پئوهندیدار بهو نهخوشانهی له‌لایمن تراستهوه پسه‌ند کراون، ئه‌گس داوا بکرت له فۆرماته‌کانی تردا بریتی له زمانه‌کانی تر، ئیزی رید (هاسان خویندنه‌وه)، چاپی گه‌وره، شریتی ده‌نگ، هیلی موون و ئه‌لیکترۆنیکی هه‌یه.

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