



# Blood Pressure Remote Monitoring with the District Nursing Service

## A Patient Guide

### Who provides this service?

- This service is provided by the Whittington Health District Nursing Service and will work under the guidance of your GP.
- The District Nursing team is a group of health care professionals comprising of District Nurses, Community Nurses, Nurse Associates, Pharmacy Technicians and Healthcare Assistants who specialise in providing care in the home.

### What is Remote Monitoring of Blood Pressure?

- People who need to have their blood pressure checked and are unable to leave their homes are often referred by their GP to the District Nursing Service.
- The Nurses come to their homes to take blood pressure readings and keep a record.
- Your GP might refer you to the District Nurses if they need to change your blood pressure medicine or if you need to start taking new blood pressure medicine.
- Remote monitoring is when you get a device that measures your blood pressure and sends the information to your GP without them needing to visit you.

### What are the advantages of having a blood pressure monitor at home?

- The biggest benefit of having your blood pressure checked remotely is that you can do it at home whenever it is convenient for you.
- It might give a more accurate reading because you do not have to get up and answer the door for a Nurse. Moving around could change your blood pressure, so checking it while you are relaxed at home can be better.
- Your GP can see your blood pressure readings right away, as they are sent electronically. This saves time because the Nurse does not have to send them, and your GP can help you faster.



## What are the disadvantages of having this treatment at home?

- With remote monitoring you **will not** see a Nurse every day, and they **will not** watch you as closely. You might also need a family member or caregiver to be home to help take care of you.

## What if remote monitoring does not work?

- If remote monitoring is not working for you, the District Nursing team will talk with you about alternative options. The nurse will discuss these alternatives with your GP and they will make the arrangements to put a new process in place. These alternatives could be:
  - A daily visit from a member of the District Nursing team for your blood pressure to be taken manually.
  - You may need to go into hospital for more treatment or you may decide to stay at home.
  - You might have already made an advanced care plan that says how you want to be cared for. The team can talk with you more about this plan.

## What if there is a problem?

- If the remote monitoring is affecting you badly, you can ask to stop it anytime that you want.
- You will be given the contact numbers for the team members involved in your care and for the 'out of hours' service. If you have questions or concerns regarding your treatment and care, you should ask to speak to the District Nursing team on 020 7288 3555. They will do their best to answer your questions.

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

Twitter.com/WhitHealth  
Facebook.com/WhittingtonHealth

Whittington Health NHS Trust  
Magdala Avenue  
London  
N19 5NF  
Phone: 020 7272 3070  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk)

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