



National University
Heart Centre
Singapore



Tele-Health Blood Pressure Monitoring

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High blood pressure is one of the leading health problems in Singapore. It causes strokes, heart attacks, heart failure and kidney failure. It is also related to dementia and sexual problems.



Finding and treating high blood pressure early helps prevent these problems. Both lifestyle changes and medication taken as prescribed will control high blood pressure.

■ What do blood pressure measurement mean?

We describe blood pressure with two numbers (e.g. 124/84 millimetres of mercury). The first number is called the systolic pressure and the second is called the diastolic pressure.

- Systolic pressure occurs when your heart contracts and is the higher of the two numbers.
- Diastolic pressure is the lower number and it occurs when your heart relaxes and fills with blood.



The higher your systolic or diastolic pressure and the longer it stays high, the more damage there is to your blood vessels.

■ What is normal blood pressure?

Most people, including those with kidney disease	Less than 140/90 mmHg at the doctors office (Less than 135/85 mmHg at home)
People aged 60 years or more	Less than 150/90 mmHg at the doctor's office
Most people with diabetes	Less than 130/80 mmHg

■ What is tele-health blood pressure monitoring?

Tele-health blood pressure monitoring is a service that allows patients to test their blood pressure at home. A blood pressure meter will be loaned to our patient. This meter is able to send your readings via a router automatically each time you use it, to the hospital's computer. Your blood pressure reading will be captured in real time.



What are the purposes of tele-health blood pressure?

- To monitor blood pressure outside of a clinic setting.
- To help your doctor diagnose high blood pressure earlier than if you have blood pressure readings in the clinic only.
- To track treatment efficiency.
- To enable automatic results recording and transmission to hospital computer system.
- To enable titrations of medication dosing in-between doctor's clinic visit.
- To enable close monitoring of treatment progression whilst on titration programme.

How do I use the meter?



Measure blood pressure twice a day on Monday to Friday only.

- If you are on blood pressure surveillance service – you only need to measure for 30 days. A nurse will call you to inform you when you need to stop testing and to return the meter. Your result will not be recorded on the hospital system once the 30 days is up.

Follow the Methods below:

STEP 01

Make sure that the gateway device is connected to a power source.



Pile Side Material

STEP 02

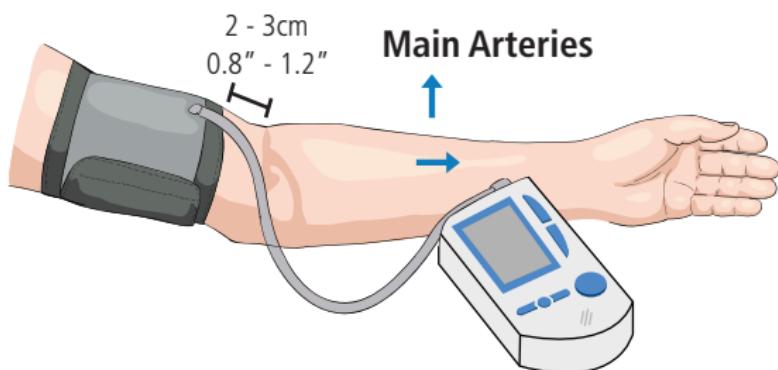
Stretch your arm in front of you with your palm facing up. Slide and place the cuff onto your arm with the air tube and artery mark region (in red) toward the lower arm.

STEP 03

Leave a little free space between the arm and the cuff; you should be able to fit 2 fingers between them. Clothing must not restrict the arm. Remove all clothing covering or constricting the measurement arm.

STEP 04

Wrap and tighten the cuff above your elbow. The red line on the edge of the cuff should be approximately 0.8 to 1.2 inches (2 to 3 cm) above your elbow. Align the tube over the main arteries on the inside.



STEP 05

Press the hook material firmly against the pile material. The top and bottom edges of the cuff should be tightened evenly around your upper arm.

STEP 06

Push the button. Wait for the reading to appear on the front panel of the meter. Record the reading on the screen into a booklet.

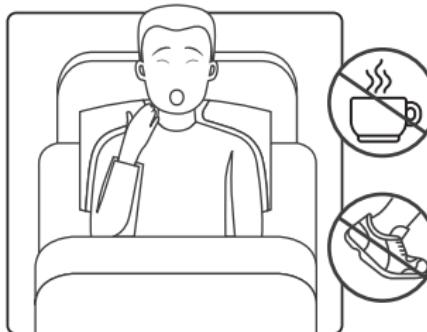
■ What are the important points for accurate use?

Follow these notes to help ensure accuracy when you measure your blood pressure at home:

- **Measure your blood pressure twice daily**, once in the morning before you take any medications, and once in the evening. Take your blood pressure at around the same time of day each time you measure it.



- Do not measure your blood pressure right after you wake up. Do not eat breakfast or take medications before measuring your blood pressure. You are encouraged to take your blood pressure before morning exercises.



- Avoid food, caffeine, tobacco and alcohol for 30 minutes before taking a measurement. Also, go to the toilet first. A full bladder can increase blood pressure slightly.
- When you are ready to take your blood pressure, sit quietly for three to five minutes beforehand. Sit in a comfortable position with your legs and ankles uncrossed and your back supported against a chair. Try to be calm and not think about stressful things.

- Make sure your arm is positioned properly when measuring. Rest your arm, raised to the level of your heart, on a table, desk or chair arm. You may need to place a pillow or cushion under your arm to elevate it high enough. Place the cuff on bare skin, not over clothing. Rolling up a sleeve until it tightens around your arm can result in an inaccurate reading, so you may need to slip your arm out of the sleeve.



- The blood pressure monitor will automatically upload readings into the system for your nurse / doctor's viewing.
 - Do not talk while taking your blood pressure.

IMPORTANT NOTE

The readings obtained from the device(s) are not monitored in real time, and you must seek medical advice should the readings be very abnormal and/or if you feel unwell.

For enquiries, please contact

Between 9am - 1pm or 2pm - 5pm (Monday - Friday)

Ms. Margaret Choong Tel: (65) 6772 408

Ms. Angeline Koh Tel: (65) 6772 6065

Ms. Harjit Kaur Tel: (65) 6772 4707

For appointments, please contact

Tel: (65) 6772 2002

Email: appointment@nuhs.edu.sg

In case of an emergency, please proceed to the nearest General Practitioners (GPs) or Emergency Department to seek medical treatment.

Location



Contact Information

National University Heart Centre, Singapore

NUH Main Building Zone F, Heart Clinic

Opening Hours: 8.00 am - 5.30 pm (Monday - Friday)

Closed on Weekend & Public Holidays

Tel: **6772 2002**

Email: appointment@nuhs.edu.sg

Website: www.nuhcs.com.sg

Getting to NUH

Circle Line Kent Ridge MRT Station

Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station. The station is served by three exit-entry points.

Exit A: Right at the doorstep of National University Heart Centre, Singapore.

Exit B: Along South Buona Vista Road, which links to Singapore Science Park 1.

Exit C: Leads to NUH Medical Centre.



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