

## Location



**A**

Linkway @ Level 1  
Via MRT station  
(Exit A)

**B**

Linkway @ Level 1

**C**

Linkway @ Level 4

Drop off only

Bus Stop

**P** Carpark

Taxi Stand / Drop off

Kent Ridge MRT  
Station @ Level 1



5 Lower Kent Ridge Road, Singapore 119074  
Tel: (65) 6779 5555 Fax: (65) 6779 5678 Website: www.nuh.com.sg  
Company Registration Number: 198500843R

### Contact Information

#### National University Heart Centre, Singapore

1 Main Building of NUH

**Opening Hours:** 8.30 am - 5.30 pm

(Monday - Friday)

Closed on Weekend

& Public Holidays

**Website:** [www.nuhcs.com.sg](http://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.



Every day, we save lives by providing financial relief to needy patients, funding groundbreaking research and giving training to our medical specialists. This is why the support we receive is essential.

**Make a donation and help us continue the fight for every heartbeat!**

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## National University Heart Centre, Singapore

A member of the NUHS

# TELE-HEALTH BLOOD PRESSURE MONITORING



## View patient education videos on NUHCS YouTube page!

STEP  
01



Download a FREE QR Reader on your smartphone and scan the QR code.

STEP  
02



The QR code will decode instantly. You'll be brought to [www.youtube.com/user/NUHCS](http://www.youtube.com/user/NUHCS)



Scan the QR code

## What is blood pressure?

Your heart pumps blood around your body. Blood pressure is the force of blood against your blood vessels as it circulates through your body. This force is necessary to make the blood flow, delivering nutrients and oxygen throughout your body. However, high blood pressure, also called hypertension, means there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems.

## What do blood pressure measurements mean?

We describe blood pressure with two numbers (e.g. 124/84 millimetres of mercury). Millimetres of mercury are a standardized measurement of pressure. 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 high blood pressure?

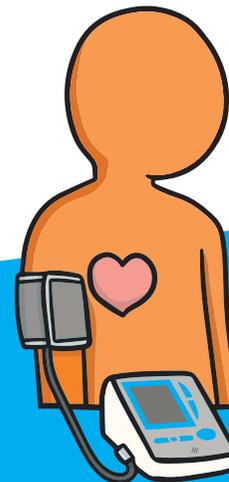
Hypertension is defined as blood pressure that is consistently above the normal range. Anyone can develop high blood pressure, but it becomes more common as you get older and requires even more aggressive management if you also have been diagnosed with diabetes. Once high blood pressure develops, it usually lasts for life.



**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 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 help to track treatment efficiency.
- To enable automatic results recording and transmission to hospital computer system.

Functions of blood pressure monitoring with drug titration:

- 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?



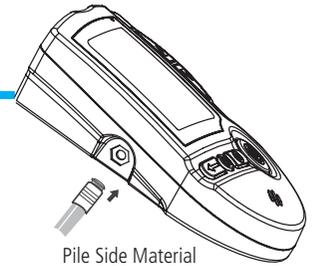
Measure blood pressure twice a day on Monday to Friday only.

- 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.
- If you need medication titration – you will be called every week by a nurse to review your blood pressure readings and medication. You will be informed when you should stop measuring your blood pressure and to return the meter.

Follow the Methods below:

STEP  
01

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



STEP  
02

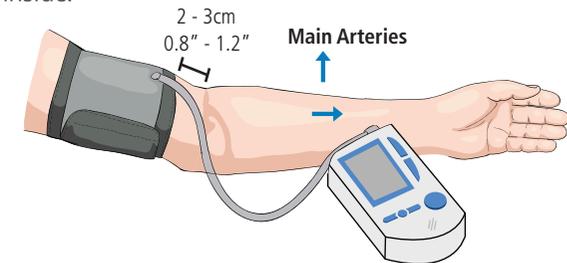
Stretch your arm in front of you with your palm facing up. Slide and place the cuff onto your arm with the air tube and artery mark region (in red) toward the lower arm.

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. You can prepare for the day, but do not eat breakfast or take medications before measuring your blood pressure. If you exercise after waking, take your blood pressure before exercising.
- 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.
- Record your blood pressure reading into a booklet or a record using a computer or mobile device. 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. You can wait as little as one minute in between your readings.



## 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:

Ms. Margaret Choong  
Ms. Angeline Koh

Tel: (65) 6772 4081  
Tel: (65) 6772 6065

### For appointments, please contact:

Tel: (65) 6779 5555  
Email: [appointment@nuh.com.sg](mailto:appointment@nuh.com.sg)

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