

# CATSHILL VILLAGE SURGERY

Dr E C A Barrett  
Dr K Ford

Associate GP: Dr M Bloxham  
Dr E Goodfellow

36 Woodrow Lane  
Catshill  
Bromsgrove  
Worcs B61 0PU  
Tel: 01527 872426  
Fax: 01527 870507

Website: [www.catshillvillagesurgery.co.uk](http://www.catshillvillagesurgery.co.uk)

Patient name : \_\_\_\_\_

Date of Birth : \_\_\_\_\_

Date first readings taken : \_\_\_\_\_

(It is very important you record the first and second results exactly as they appear, and not repeat the test or alter the numbers in any way. ) Blood pressures should include both the high and the low number. For example: 130/80.

| Day |    | 1 <sup>st</sup> Result                     | 2 <sup>nd</sup> Result |
|-----|----|--|------------------------|
| 1   | AM | /  | /                      |
|     | PM | /  | /                      |
| 2   | AM | /  | /                      |
|     | PM | /  | /                      |
| 3   | AM | /  | /                      |
|     | PM | /  | /                      |
| 4   | AM | /  | /                      |
|     | PM | /  | /                      |
|     |    | PLEASE CALCULATE AVERAGE<br>(last 3 days): | /                      |

**How to calculate the average**

Add all of the high numbers [the first number in the blood pressure] over days 2-4 together and then a divide by 12. ( Write this number in the box above to the left of the / symbol. )

Add all of the low numbers [the second number in the blood pressure] over days 2-4 together and then a divide by 12. (Write this number in the box above to the right of the / symbol. )

**If possible, please scan and email this form to [catshill.surgery@nhs.net](mailto:catshill.surgery@nhs.net)**  
**If you are unable to do this, please return this form to the surgery via our post box.**  
**You will be contacted in due course regarding the results.**