



vCare (TeleConsult@AH) Postural Blood Pressure Monitoring

Keep your health in check in the comfort of your home!

Postural Blood Pressure Monitoring At Home

Postural hypotension is a form of low blood pressure that happens when you stand up from a sitting down or lying down position. It is often mild, lasting for a few seconds to a few minutes after standing up. However, long lasting postural hypotension can be a sign of serious problems. It is therefore important to measure your blood pressure, keep a record of it and discuss your readings with your doctor.

Alexandra Hospital's vCare blood pressure monitoring service allows patients to measure their blood pressure at home. Under this service, the patient will receive a blood pressure measurement device and an Android gateway device for use throughout the course of monitoring. The devices are able to automatically send blood pressure readings to the hospital. The patient will be informed when to stop the monitoring and when to return both devices.

How to Check your Blood Pressure



1



Ensure the gateway device and blood pressure machine are turned on

2



Check blood pressure in lying position.

3



Stand up and remain standing for 2 minutes before taking your blood pressure.

4



Check standing blood pressure while standing.

Action Plan For Prevention Of Postural Hypotension

Some simple steps can help manage or prevent postural hypotension. The Green, Yellow and Red zones below show symptoms that may indicate low blood pressure. In the 'Actions' column, your healthcare provider has recommended actions you could take if you are experiencing any of the symptoms related to low blood pressure. Your healthcare provider may write down other actions in addition to those listed here.



Green means go. You want to be in the Healthy zone every day. You should have no serious health issues when you are in the Healthy zone.

Healthy

- Usual activity and exercise level
- Appetite is good
- No feeling of dizziness or giddiness
- No feeling of thirst or dry lips

Actions

- ☐ Do gentle / simple exercises, e.g. stretching exercises for 30 minutes.
- ☐ Raise slowly when change in position from lying to standing
- ☐ Drink 6 to 8 glasses of water a day (if not contraindicated).
- ☐ Apply compression stockings (as advised by your physician).



Yellow means caution. You may have some health problems that keep you from your usual activities or disturb your sleep. Your action plan will state actions you need to take to improve your health.

Caution

- Less energy for my daily activities
- Loss of appetite
- Light-headed or giddy when standing up/ walking
- Feeling giddy once getting up from bed or chair
- Feeling of thirst and dry lips
- Tea coloured urine

Actions

- ☐ Sit down on a chair, rest for 30 minutes and drink water before walking again
- ☐ Increase water intake (up to 10 glasses per day) unless contraindicated
- ☐ Have small frequent meals
- ☐ Elevate your head to 30 degrees with two pillows
- ☐ Raise slowly when change in position from lying to standing
- ☐ Get out of bed slowly. First sit up, then sit at the side of the bed and lastly, stand up
- ☐ Avoid taking warm shower



Red means STOP. You are in the red zone of your health. Seek medical help immediately

Danger

- Near fall due to giddiness
- Blurred vision
- Unable to do any activity because of giddiness
- Cold and clammy
- Feeling very drowsy
- Sweating profusely
- Palpitations or chest pain

Actions

- ☐ Inform family member / Call 995 or seek medical care immediately
- ☐ While getting help, do the following:
 - Remain seated, DO NOT walk around
 - Drink a glass of water (If able to).

Purposes Of vCare Postural Blood Pressure Monitoring

- To monitor your blood pressure at home and reduce clinic visits; results are automatically recorded and transmitted to the hospital
- To help your doctor diagnose high or low blood pressure earlier
- To enable adjustments of medications in-between clinic visits
- To track treatment progress

Important To Note

The measurements from the devices are not monitored in real time or on weekends and public holidays. In case of an emergency, please proceed to the nearest GP or Emergency Department to seek help. You will only be contacted if the readings are abnormal or if there are no readings obtained anytime during the course of treatment. Please ensure that you are always contactable throughout the duration of this monitoring programme.



For enquiries, you may contact:

**Alexandra Hospital's Community Nurses during office hours,
excluding weekends and public holidays**

Tel: 97885030

Patient to seek immediate medical attention if illness or symptoms worsens.