Blood Pressure (Hypertension) Clinic

Who runs the clinic?

Neil Feltcher (Health Care Assistant).

How do I access the clinic?

If you have been diagnosed by your GP as having Hypertension (high blood pressure) and you are on medication to control it, then you can ask to be referred to the Blood Pressure clinic.

When is the clinic held?

Every Tuesday between 08:40-12am at Bembridge Branch surgery.

What happens in the clinic?

Blood pressure is taken. If the reading is 150/90 or below, you will be asked to return to the clinic for a further check in six months’ time. If the reading is higher, you will be monitored at the clinic more frequently and may need to be referred back to your GP to have your medication reviewed.

Other checks at the clinic include:

- Cholesterol, glucose and U&Es (kidney function). You will be advised to have a blood test once a year to have these checked. You will be given a blood form at the clinic and you can make an appointment at the Phlebotomy (blood test) clinic to have this done.
- Height and weight are checked once a year
- Urine dipstick test - you will be asked to bring a urine sample in once a year and this will be checked for glucose and protein.
- Smoking status - your records will be updated each year and you will be asked if you are a smoker, non-smoker or ex-smoker.

If you have not been diagnosed with hypertension but would like to have your blood pressure checked, or your GP has advised you to have it monitored, you can use the health monitor in the waiting room at St Helens Medical Centre.

Alternatively you may see a Kate Bridle (Health Care Assistant) at St Helens, by appointment.