



High Blood Pressure Reading

The heart is a muscle that is designed to pump a constant supply of blood around your body.

There are two measurements used to assess blood pressure: *Systolic* pressure and *Diastolic* pressure.

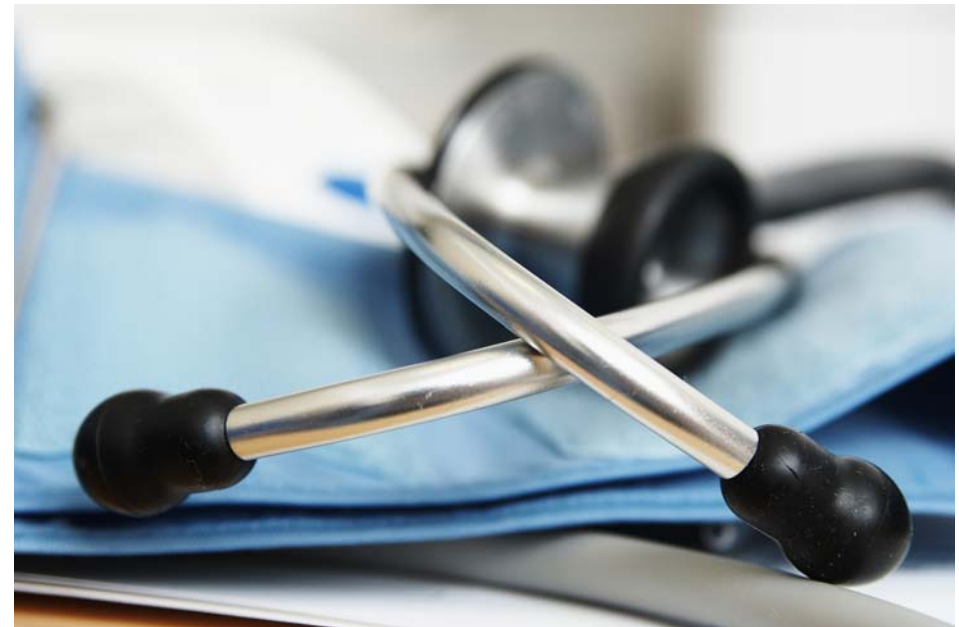
Both the systolic and diastolic pressures are measured, and these figures are usually represented with the systolic pressure first, followed by the diastolic pressure e.g. 120/80

During your assessment your blood pressure was found to be at a level that should be reported to your GP. You may not have any symptoms as a result of this condition, however it is important that your GP is notified. It is likely that you will need further assessment and your GP will arrange this.

If left untreated, high blood pressure can cause many different types of cardiovascular disease, such as a stroke, heart attack, blood clot or aneurysm (a swollen, or burst, blood vessel). This is why it is important to ensure the referral letter is given to your GP.



Patient Information Leaflet Atrial Fibrillation / High Blood Pressure Reading



Introduction

Although you do not need to go to hospital, during our assessment we have found one of the following conditions that you were unaware of, which should be brought to the attention of your General Practitioner (GP).

The ambulance clinician will tick the box next to the condition found:

Atrial Fibrillation

High Blood Pressure Reading

The ambulance clinician will give you a letter, which should be delivered to your GP without delay.

Your GP will contact you to discuss what the next steps will be.

This leaflet gives you some background information on the two conditions and explains the importance of ensuring you deliver the ambulance service referral letter to your GP.

Atrial Fibrillation

Atrial Fibrillation means that your heart is beating in an irregular rhythm. Because of the way the heart is beating in an irregular rhythm, blood clots can form. These clots may then be pumped into your lungs or into the general circulation. Clots in the general circulation can block arteries in the brain, causing a stroke.

You may not have any symptoms as a result of this condition, however it is important that your GP is notified. It is likely that you will need further assessment and your GP will arrange this.

The risk of stroke in patients with atrial fibrillation is about double that in the general population. This risk is increased with age, high blood pressure, heart failure, diabetes and a history of embolism (blood clots). This is why it is important to ensure the referral letter is given to your GP.