

# LRI Children's Hospital

## The downloading of an ambulatory blood pressure monitor

Staff relevant to:	Clinical staff working within the UHL Children's Hospital
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### 1. Introduction and who this standard operating procedure (SOP) applies to

Ambulatory blood pressure monitoring (AMBP) is the measuring of blood pressure as the patient moves around, living their normal daily life. It is measured for up to 24 hours. By measuring blood pressure at regular intervals up to 24 hours, can get a clear idea of how blood pressure changes throughout the day. This SOP should be used in conjunction with the overarching [Hypertension UHL Childrens Medical Guideline](#).

There are a number of indications;

- To establish diagnosis of hypertension
- To identify patients who have higher blood pressure readings when in the clinic (known as 'white coat effect')
- To help decide if blood medication is required
- To help decided whether any changes to your medication is required
- To further investigate people whose blood pressure is hard to control
- To see if it is safe to start new medication for example ADHD medication

For all staff will be carrying out ambulatory blood pressure monitoring on children.

- To ensure that all staff are aware of the correct procedure for performing the downloading of an Ambulatory Blood Pressure Monitor (AMBP)
- To document the procedure of performing the downloading of an Ambulatory

Blood Pressure Monitor.

- To ensure the protocol is standardised.

## **2. Standards and Procedures**

Check you have the correct patient details from both the monitor and paperwork.

Disconnect the tubing from the monitor and remove it from the pouch. Separate the cuff from the bladder and place with the belt/harness/straps into a bag to transport for washing.

Clean the bladder and monitor according to the non-AGP IP SOP.

Login to Sentinel software and download the monitor according to the manufacturer's instructions, checking and adjusting the patients sleeping pattern.

Type in any medication taken, dosage and times. If none is taken then type this in.

Ensure the paperwork is completed, if not contact the patient/carer for required information (if deemed necessary).

Ensure measurements taken during the fitting session are removed from the analysis.

Interrogate any error codes.

Ensure suitable quality of results, ensuring the 24 hours was completed (or close to) and referring to the percentage of successful readings guidelines for reference.

Print out report in correct format, attaching the complete patient diary.

Double check results with Paediatric Nephrology Consultant.

## **3. Education and Training**

Staff must receive relevant training to perform the fitting of an Ambulatory Blood Pressure Monitor

## **4. Monitoring Compliance**

None

## **5. Supporting References**

UHL The downloading of an ambulatory blood pressure monitor Clinical Standard Operating Procedure (SOP) UHLRPU/SOP/BP02

[Hypertension UHL Childrens Medical Guideline](#) Trust ref: E8/2020

## **6. Key Words**

Ambulatory blood pressure monitor, AMBP, Hypertension

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The Trust recognises the diversity of the local community it serves. Our aim therefore is to provide a safe environment free from discrimination and treat all individuals fairly with dignity and appropriately according to their needs. As part of its development, this policy and its impact on equality have been reviewed and no detriment was identified.

<b>Contact and review details</b>	
<b>SOP Lead (Name and Title)</b> Dr Angela Hall – Associate Specialist Leigh Ellis paediatric nephrology specialist nurse	<b>Executive Lead</b> Chief Nurse
<b>Details of Changes made during review:</b> New SOP	