

Taking your blood pressure

1

A band goes around the top of your arm

2

The doctor or nurse presses a button

3

A big number and a smaller number are shown on the blood pressure machine

4

These are your blood pressure numbers

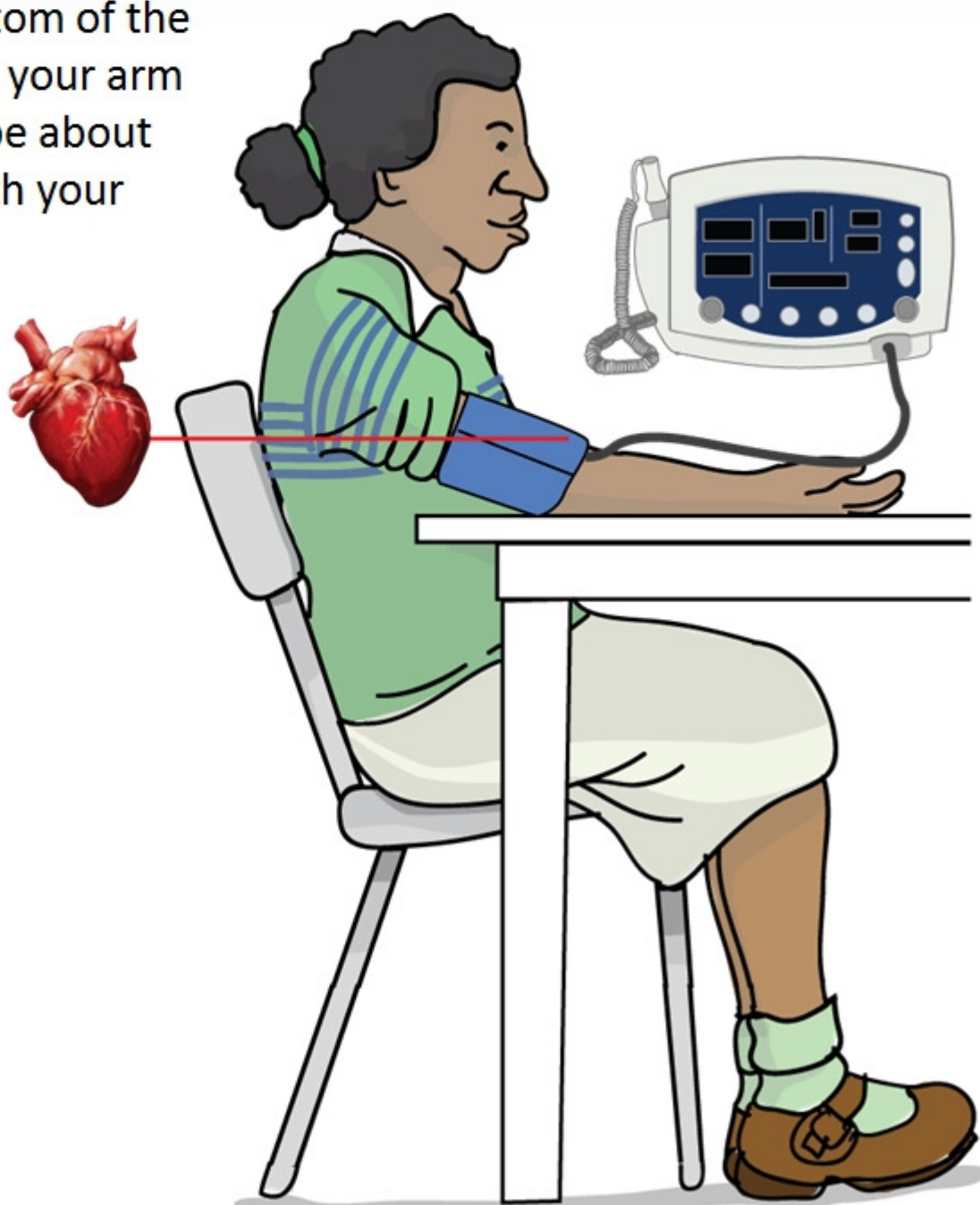
130

80



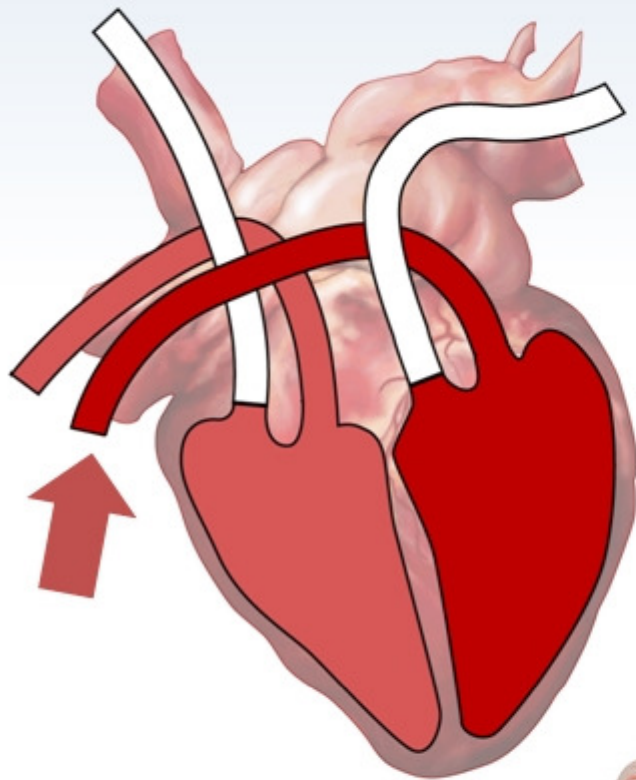
Blood pressure - female Measuring your blood pressure

- 1 When your blood pressure is taken you need to be sitting down and relaxed
- 2 You should not have been smoking. Smoking can alter your blood pressure results.
- 3 The bottom of the band on your arm should be about level with your heart

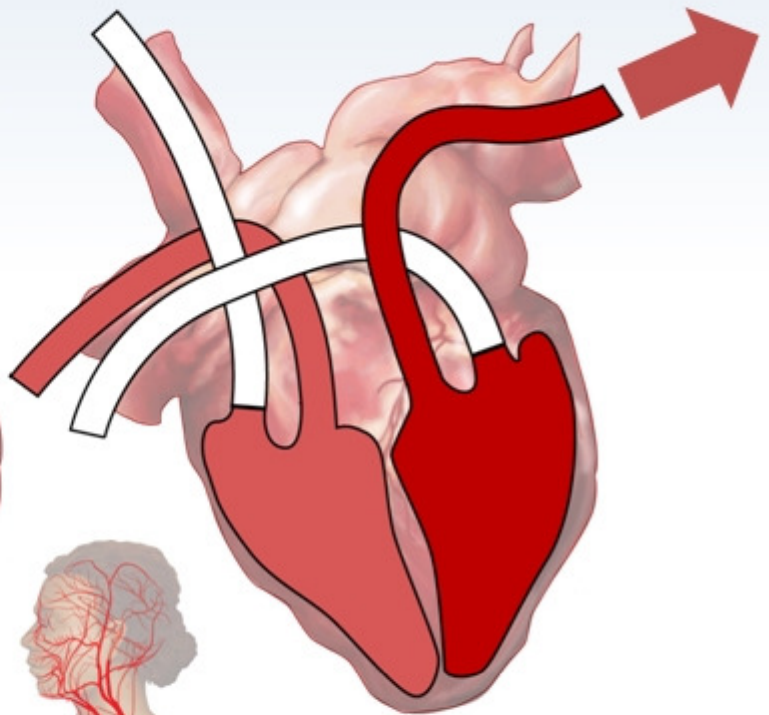


Blood pressure - female Measuring your blood pressure

1 Blood comes into your heart when your heart muscles relax

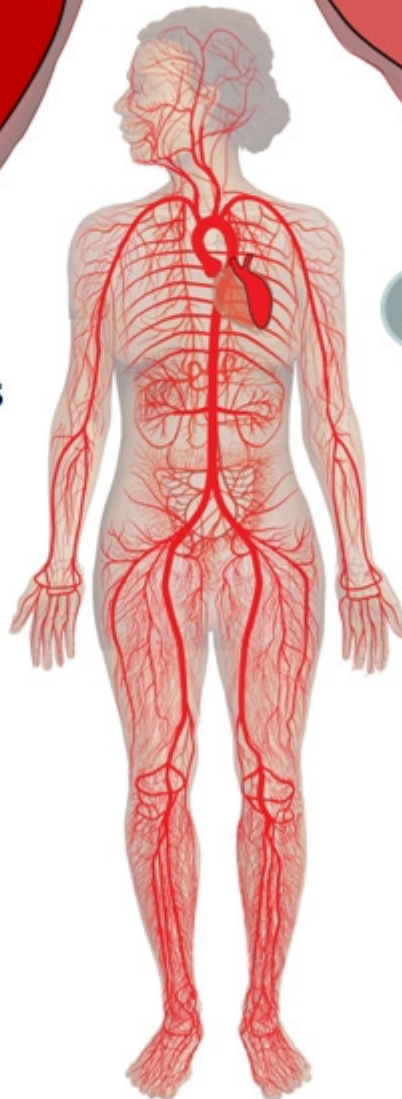


3 Blood is pushed out when your heart muscles tighten

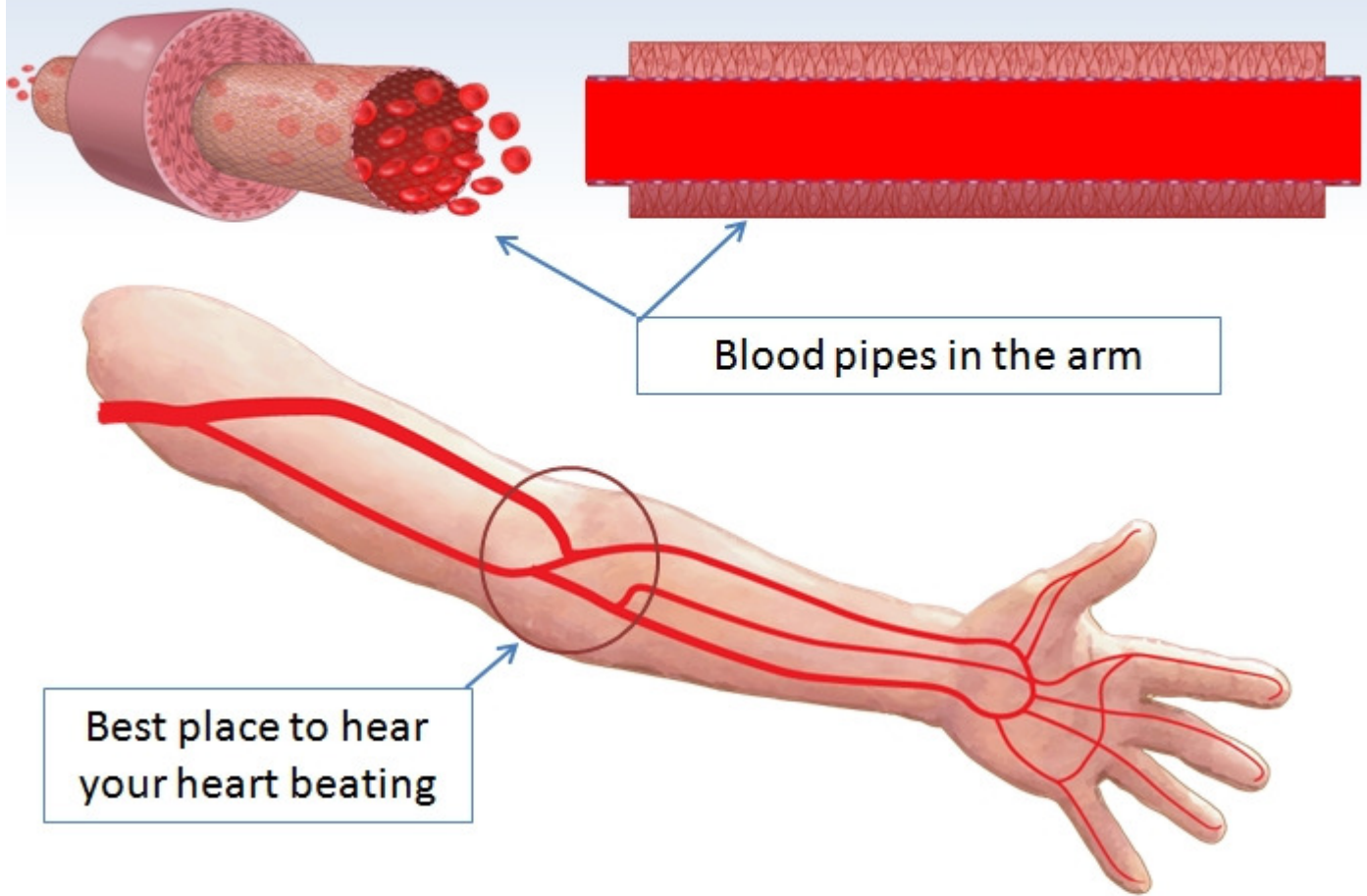


2 Blood pressure in your **blood pipes is lower**

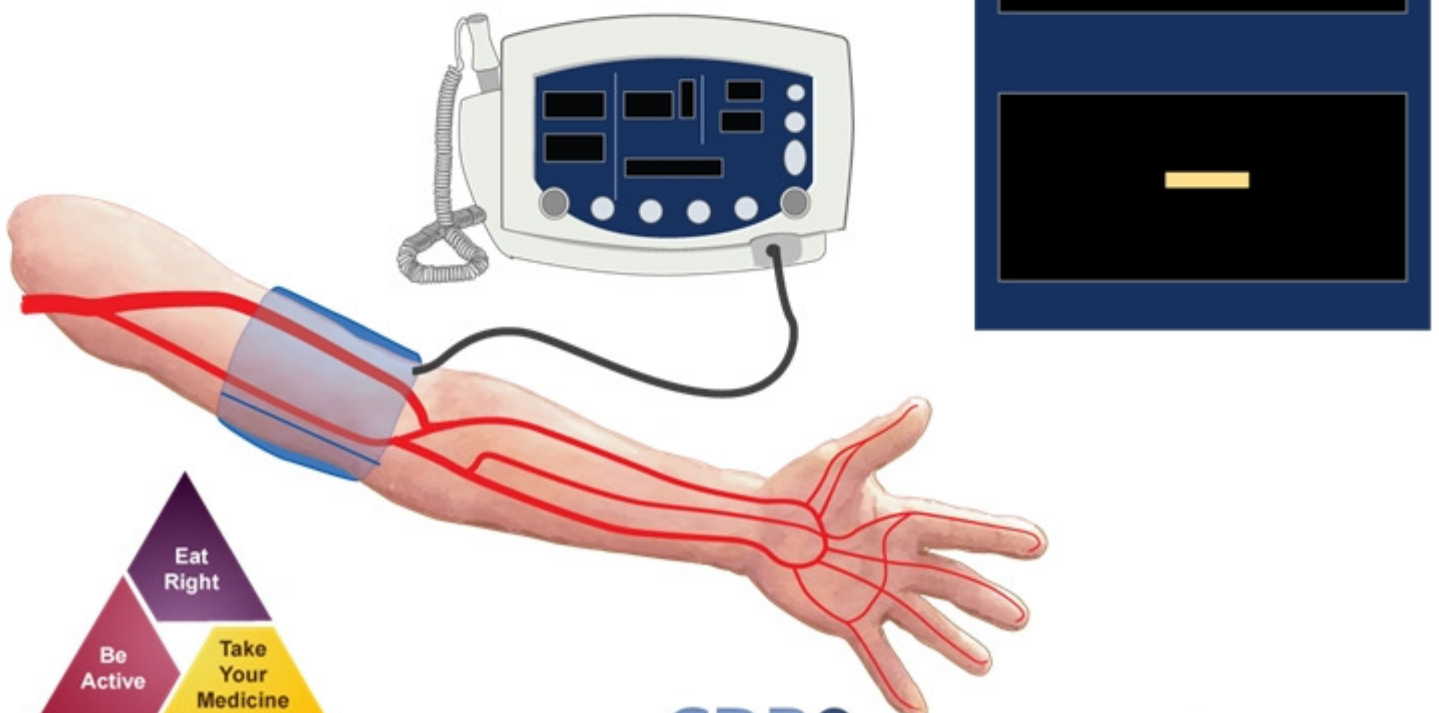
4 Blood pressure in your **blood pipes is higher**



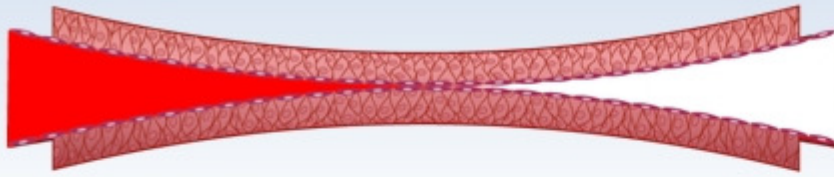
Blood pressure - female Measuring your blood pressure



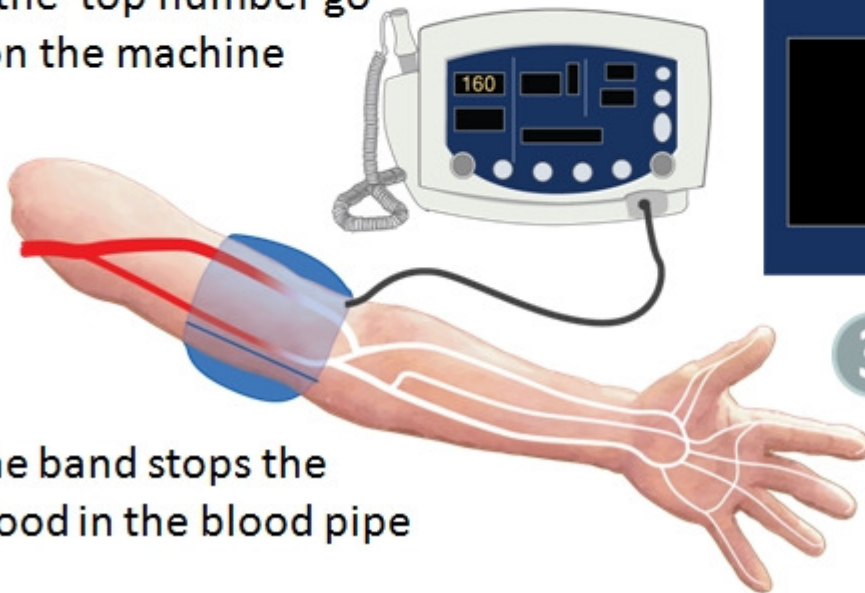
- 1 A band connected to the blood pressure machine is put around your arm



Blood pressure - female Measuring your blood pressure



- 1** The band is blown up and you can see the top number go up on the machine

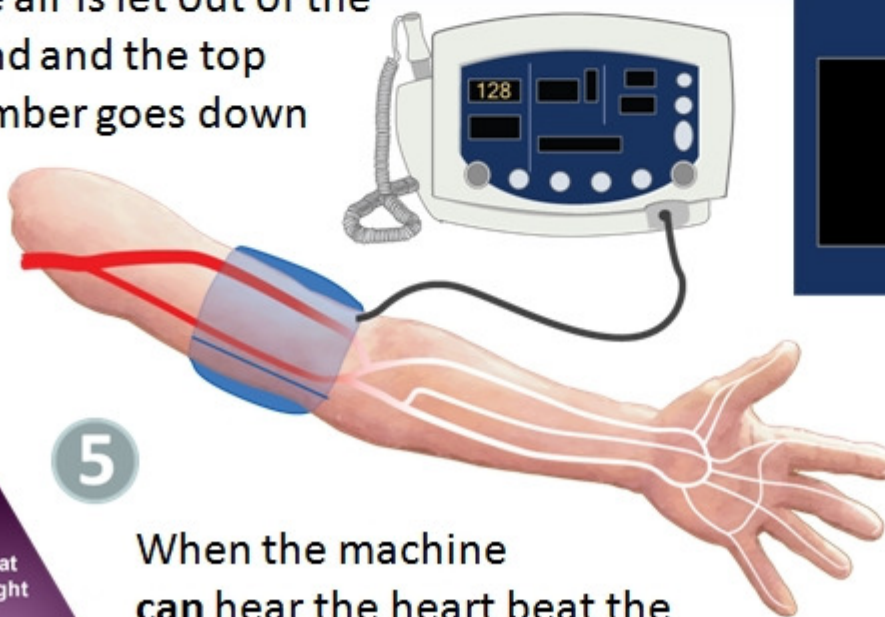


- 2** The band stops the blood in the blood pipe

- 3** The machine can't hear the heart beat



- 4** The air is let out of the band and the top number goes down

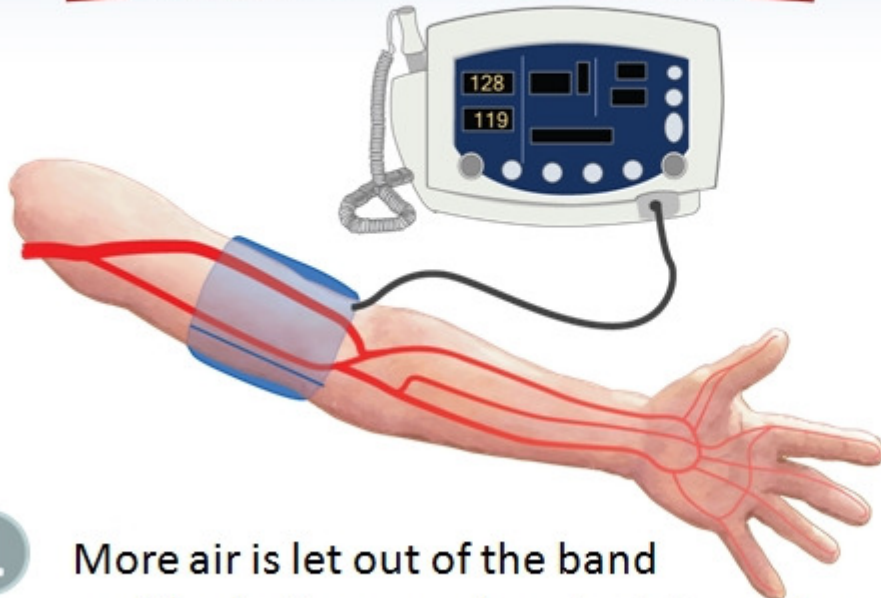


- 5** When the machine can hear the heart beat the top number stops

- 6** This is the blood pressure top number



Blood pressure - female Measuring your blood pressure



128

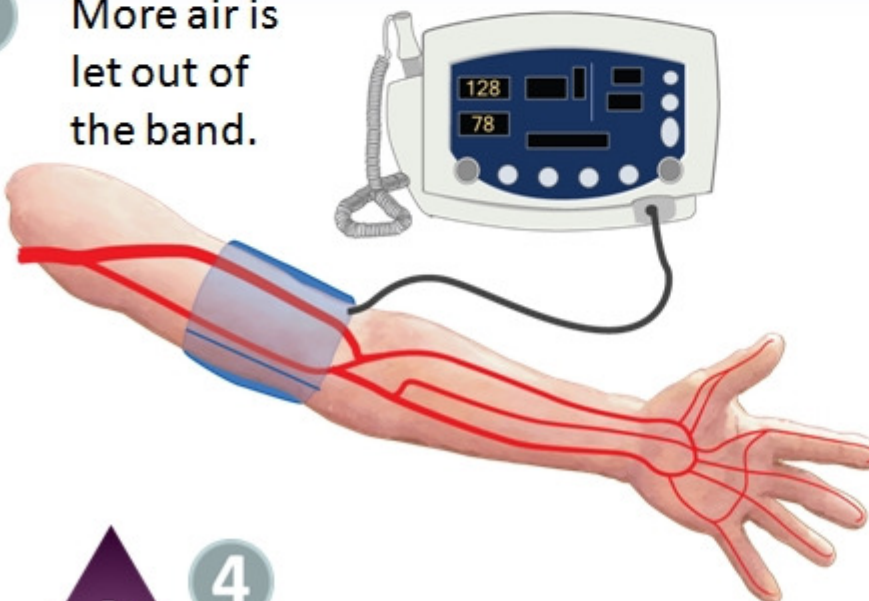
119

1 More air is let out of the band and the bottom number starts to go down

2 The machine can still hear the heart the heart



3 More air is let out of the band.



128

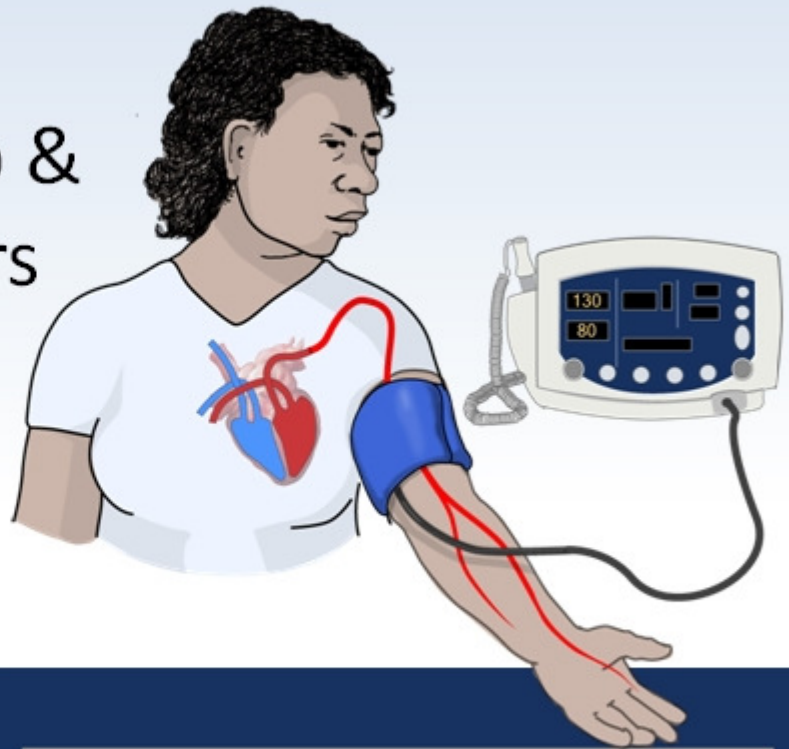
78

4 The machine can't hear the heart beat & the bottom number stops

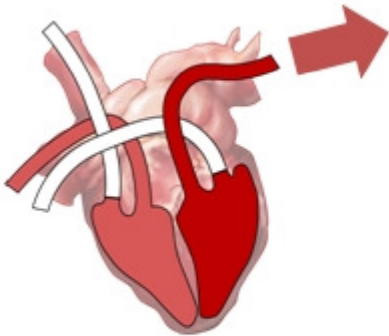
5 This is the bottom blood pressure bottom number



What do the top & bottom numbers show?

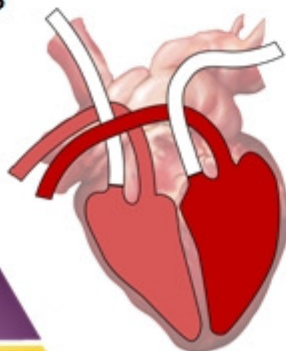


- 1 The **top number** is when your heart pushes the blood out into the blood pipes.



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- 2 The **bottom number** is when the blood isn't being pushed out into the blood pipes



78

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To describe how to look after your feet.

The story is relevant for people with different kinds of diabetes.

Key health competencies:

After using the resource a client should be able to show or tell you about:

- How to wash their feet.
- Keep between their toes healthy.
- Why you need to use a clean towel & look for blood or pus on the towel after it has been used .
- How to use skin cream on their feet
- The importance of wearing a pair of new socks every day & changing socks if they get wet or sweaty.
- Getting someone to help them check their feet & how to use a mirror so they can see underneath their feet.
- How to remove hard skin safely..
- How to keep their toenails smooth.
- To always getting their toenails cut at the high risk foot clinic or by a podiatrist.
- Never cutting their own nails unless they have talked to the podiatrist or nurse first

Related resources

- Looking after your feet– Posters
- Looking after your feet– Yarn cards
- Looking after your feet– Picture yarn
- Looking after your feet– Test cards
- Foot care– Body parts

Notes:

The resource can be printed A3 or A4 size and then laminated.

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