NUFFIELD DEPARTMENT OF
**PRIMARY CARE
HEALTH SCIENCES**
UNIVERSITY OF OXFORD

TASMINH4

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TEXTING YOUR BLOOD PRESSURE MEASUREMENTS

For patients in the self-monitoring with tele-monitoring (sm+tm) group

BLOOD PRESSURE TEXT SYSTEM

This system transfers the daily blood pressure text readings from your monitoring week to a website which enables your GP or practice nurse to view your measurements and manage your blood pressure. You send text messages containing your readings from your mobile phone to the system, and it will automatically reply to you. You will not be charged to send or receive texts from the system, if you are in the UK.

Although your readings will be regularly checked by a healthcare professional, if you feel unwell, you should seek medical advice from your practice. If your blood pressure is very high or low you will be advised to have it checked.

All the text messages will be sent to 80800 and must start with the letters BP. If BP is not included at the start of the message, the text will be unable to reach the website. It does not matter whether you write in capital letters, lower-case letters or a mixture of the two for any of the text messages you send in (e.g. bp, BP or Bp will all work). **Many phones use predictive text so please check that your phone does not automatically change BP to a different word as you type.**

If the message has been sent successfully you will receive an acknowledgement of your text.

HOW TO SEND YOUR READINGS

When you measure your blood pressure, the machine shows two readings: the SYStolic and DIAstolic blood pressure. Please send a text message to 80800 which contains Bp followed by these two readings. For example, if your blood pressure is 153/104, you would send a text message to 80800 which says: **Bp 153 104**

Systolic

Diastolic

If you take two readings in a row, you can send them both in the same message. For example, if your first reading was 191/87 and your second reading was 188/78, you would send a text message to 80800 which says: **Bp 191 87 188 78**

The machine also displays your pulse rate. **Please do not include this number in the message.**

HOW OFTEN TO TAKE READINGS

As part of the study we ask you to take 2 readings in the morning (06:00am – 12:00) and 2 readings in the evening (18:00-00:00) for one week starting on the first Monday of the month. Before you are due to start your monitoring week, you will receive a reminder text on Sunday evening asking you to begin taking readings the following morning. If the system does not receive any readings for the first three days it will send one further reminder on Wednesday evening.

At the end of the monitoring week the system will count up the readings and send a message on Monday morning a week later containing your average blood pressure for that month. **If the system does not have enough readings to calculate an accurate average it will ask you to complete the number of day's readings it needs to do this**. For example it may send a message asking you to complete 2 days more days of monitoring. Once this has been completed the system will then send a message containing the average blood pressure measurement.

VIEWING YOUR DATA (OPTIONAL)

We really appreciate the time you take to record and text in your blood pressure readings. Once your monitoring week is complete and the system has obtained enough blood pressure readings, there will be no further texts until the following month. We only ask you to monitor for the first week of the month.

If you wish, you can see the data you have sent by logging into a website through a computer or mobile phone. Please use the following address: https://ouhbsp.oxnet.nhs.uk/t4bp/login.php
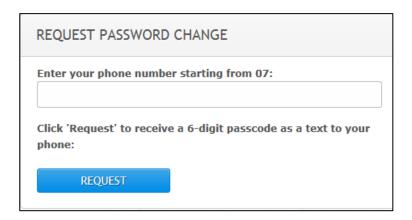
In the username box, type your phone number (e.g. 07974384957). **If you are unsure of your mobile number the system has a function to allow you to find this.** Text 'Bp test' to 80800 (BP TEST or bp test will work) and this will send a message back which contains your mobile number.

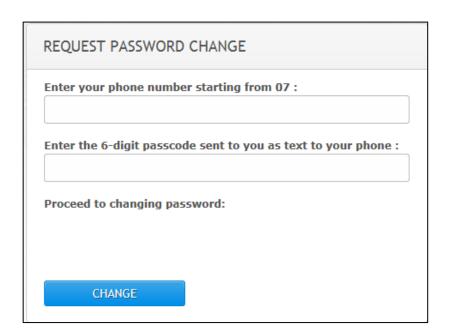In the password box, type your password which is written below:

Your website password is:

Then press Login. You will see a graph and list of the readings you have sent.
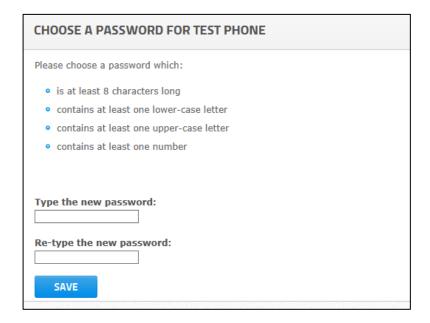Press Logout when you have finished.

If you forget or lose your password please click on the "forgotten your password" link. You will be prompted to enter your mobile number again.

REQUEST PASSWORD CHANGE

Enter your phone number starting from 07:

Click 'Request' to receive a 6-digit passcode as a text to your phone:

REQUEST

If you click on "request" the following page will appear and a new passcode will be sent to your mobile phone as a text. Please enter your mobile number again and the new passcode that was sent to your mobile.

REQUEST PASSWORD CHANGE

Enter your phone number starting from 07 :

Enter the 6-digit passcode sent to you as text to your phone :

Proceed to changing password:

CHANGE

This brings up a web page which will allow you to enter a new password.

CHOOSE A PASSWORD FOR TEST PHONE

Please choose a password which:

- is at least 8 characters long
- contains at least one lower-case letter
- contains at least one upper-case letter
- contains at least one number

Type the new password:

Re-type the new password:

SAVE

Click on the "save" button. Please use this new password going forward.

SPECIAL CIRCUMSTANCES

You cannot take your BP readings at the specified time

If you are unable to take your blood pressure readings for the first week of the month, because you are away from home for example, the system has a function which enables you to delay sending in readings for one week. **Text Bp Delay to 80800** up to one week before the monitoring week is due to start and this will then push the reminders to the following Sunday ready for the monitoring week to begin on the Monday one week after your monitoring week.

If you need to delay your monitoring period for more than a week, due to a long holiday for example, the system has a function to enable you to suspend or pause it. **Text Bp Stop to 80800** and this will stop the reminders and instruction. To start monitoring again please **text Bp Start to 80800** and you will receive a reminder when you should begin your monitoring week.
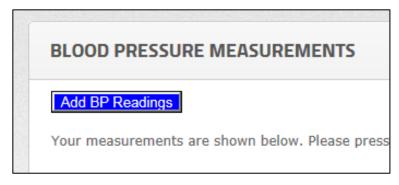
Your mobile phone number changes

If you change your mobile phone number during the study, please contact the study team on 0800 915 8543 as soon as possible with your new number so that we can update the system.

If you lose your mobile phone or it is stolen please let us know as soon as possible by calling us on the free phone number so that we can make alternative arrangements for you.

You cannot get any mobile phone reception

If you have poor mobile phone reception and cannot send a text message there is a function which allows you to enter your readings directly onto the website if you have internet access. Please log on using the following link: https://ouhbsp.oxnet.nhs.uk/t4bp/login.php

Enter your mobile number as your username and please enter the password written on this document. This will bring up a web page which displays readings you have text in. **Also on this page is a blue button with "Add BP Readings" written on it.**

Click on the "Add BP Readings" button to bring up a form with space to type your first systolic and diastolic reading.

There is also a box showing the time. Please check that this is approximately the time that you took your BP reading. If not this can changed to the correct time by clicking in the box and typing over the time present. **The date cannot be changed.** Clicking on the "save" button brings up the previous page showing all the BP readings you have text in. Click on the blue "add BP Readings" button to bring up the form again to type in details of your second reading. Once completed please click "save" again.

If you have poor mobile phone reception and no internet access please contact the study team on the number below to discuss alternative solutions.

FURTHER INFORMATION

Thank you very much for your participation in the telemonitoring part of this study. If you have any questions or comments about the system, please contact the study helpline on 0800 915 8543. **The number 80800 cannot answer calls or other text messages.**

Please find below a short definition for each of the text instructions associated with the telemonitoring system:

BP/bp/Bp – Must be added at the beginning of every text to ensure that the message reaches the system

Bp Delay – Allows you to delay your monitoring period by one week
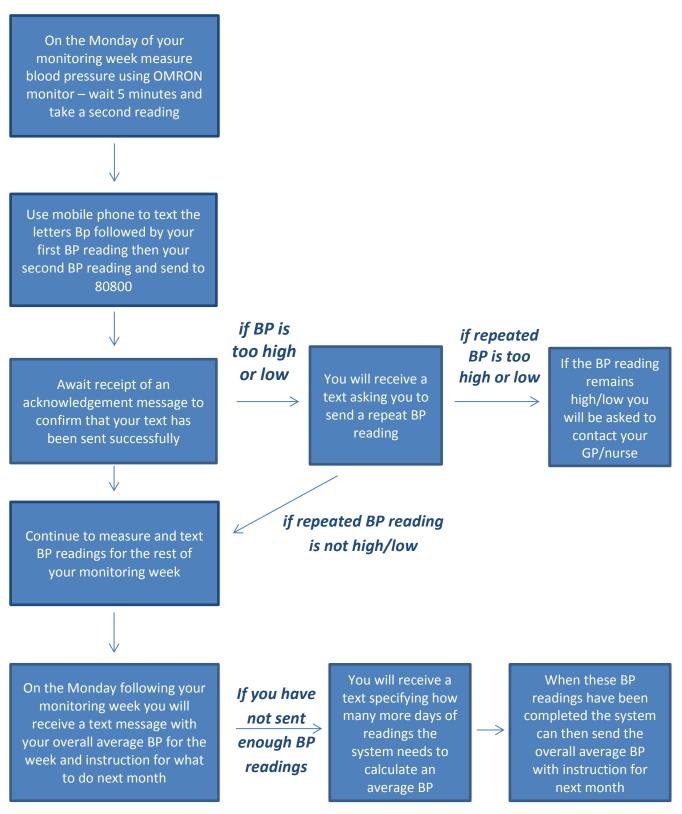
Bp Stop – Stops all reminders and instructions until the system is activated to do so again

Bp Start – Instructs the system to activate the reminders to begin again following Bp Stop

BP Test – Is a function to find your mobile number if you are unsure of it

TASMINH4

On the Monday of your monitoring week measure blood pressure using OMRON monitor – wait 5 minutes and take a second reading

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Use mobile phone to text the letters Bp followed by your first BP reading then your second BP reading and send to 80800

↓

Await receipt of an acknowledgement message to confirm that your text has been sent successfully

if BP is too high or low →

You will receive a text asking you to send a repeat BP reading

if repeated BP is too high or low →

If the BP reading remains high/low you will be asked to contact your GP/nurse

if repeated BP reading is not high/low ↙

↓

Continue to measure and text BP readings for the rest of your monitoring week

↓

On the Monday following your monitoring week you will receive a text message with your overall average BP for the week and instruction for what to do next month

If you have not sent enough BP readings →

You will receive a text specifying how many more days of readings the system needs to calculate an average BP

→

When these BP readings have been completed the system can then send the overall average BP with instruction for next month

If you have any questions, we are here to help:
Email: TASMINH4@phc.ox.ac.uk
Freephone: 0800 915 8543