



Hypertension Clinic: appointment information

Information for patients from the Hypertension Clinic, Kent and Canterbury Hospital

You have been referred to East Kent Hospitals' Hypertension Clinic for assessment of your raised blood pressure. This information sheet outlines what services the clinic provides.

What happens at my first visit to the Hypertension Clinic?

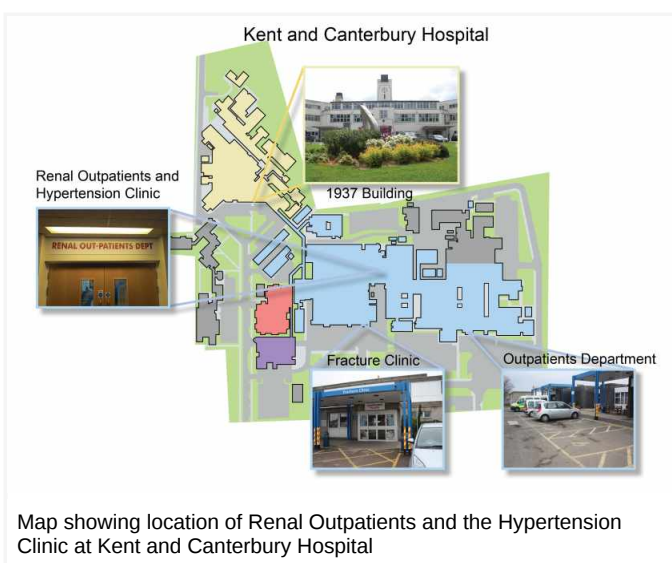
You have been sent a letter inviting you to make an appointment to attend the clinic, along with this information sheet. If, after arranging it, the date or time of your appointment is not convenient, please let us know as soon as possible.

Your appointment will be face-to-face. If you prefer a virtual appointment using a web-based video call or phone call, please contact Dr Doulton's secretary (the contact details are at the end of this information sheet). We can decide whether a virtual appointment would work well for you. For a virtual appointment you will need a smartphone, tablet, laptop, or PC with a camera and microphone and a reliable internet or 4G / 5G connection.

The Hypertension Clinic is on a Friday morning between 9am and 1pm, in the Renal Outpatients Department at Kent and Canterbury Hospital. This can be found off junction 6 of the main corridor, next to Marlowe Ward and the X-ray Department (see map).

If we agree you will attend virtually, further instructions will be sent to you.

At your first visit, you will see either Dr Tim Doulton or Mr Matt Holloway. Dr Doulton is a kidney specialist (nephrologist). He is also an accredited specialist of the British and Irish Hypertension Society. Mr Holloway is an experienced kidney pharmacist who works closely with Dr Doulton in the clinic.



Map showing location of Renal Outpatients and the Hypertension Clinic at Kent and Canterbury Hospital

We will assess:

- your blood pressure
- your medication, including those that have not worked in the past or that have caused you side effects
- any investigations you have already had
- your family history, and
- relevant lifestyle factors.

We will arrange further investigations as needed. We will provide you and your GP with advice on changes to your lifestyle and blood pressure medication.

How will my blood pressure be measured and recorded?

- **If you are attending face-to-face**, your blood pressure will be taken by our clinic nurse. You will have readings in both arms, repeated several times, and when standing. We also welcome home blood pressure readings (see paragraph below for more information). You can send these readings to us before your appointment, or you can bring them with you on the day of your appointment.
- **If you are attending virtually**, we ask that you take your own blood pressure readings over **five consecutive days**. Please record readings on the blood pressure readings sheet we give to you, and return by post or email **at least one week before your appointment**. If returning by email, make sure you scan or photograph both sides and send to the email address provided.

Please see our information sheet **High Blood Pressure (Hypertension)** for advice on choosing a home blood pressure monitor and measuring your blood pressure at home. Please take the time to read this carefully.

How long will my visit take?

For your first visit we suggest you allow at least one hour for face-to-face visits, and 45 minutes for virtual visits. For follow-up visits, we suggest allowing 15 to 20 minutes.

What should I bring with me?

Please bring a list of all your current medication (including homeopathic, Chinese, and over-the-counter medicines). Please give as much detail as possible about your previous and current blood pressure tablets. Include any drug side-effects you have had, or other reasons for stopping tablets. Your GP or nurse practitioner may be able to provide you with this information.

What type of tests will I have at the clinic?

At this visit we may arrange various tests. These will be looking for underlying causes of your high blood pressure. These may include:

- An MRI or CT scan, to look at blood flow to your kidneys.

- Blood and urine tests, to look at hormone levels involved in controlling your blood pressure.
- Urine tests, which look for the presence of blood pressure lowering medications.

Some investigations can be carried out on the day you come to the clinic, and some will be done at a later date. We will explain where and how these will be done at your appointment.

Also, we may ask you to have blood or urine tests before your appointment. If this is needed, we will include the appropriate forms with this letter.

What happens after my first visit to the Hypertension Clinic?

- After your appointment, **a letter will be sent to your GP**. This will include a summary of the advice given to you and details of changes to your tablets and investigations that we have arranged. **You will receive a copy of this letter.**
- **If we change your medication** we will usually give you a new prescription covering you for 28 days. This should give your GP surgery time to update your records. We expect your GP to supply a repeat prescription of your new medication after that.
- We usually book a **follow-up appointment** for one to three months later. At this appointment we will discuss any investigation results and review your blood pressure control. In some cases it is possible to arrange a future plan with just one visit.

How do I contact the Hypertension Team?

- Secretary to Dr Doulton, Consultant Nephrologist and Hypertension Specialist
Direct line number: 01227 864229
Email (ekhuf.BPclinic@nhs.net)

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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