**APPENDIX 9: Teach Back Questions (for use with women eligible for home blood pressure monitoring and urinalysis)**

**Teach back questions**

**(Please adapt to suit local processes and protocols)**

Q Can you tell me what will alert you to take your BP readings?

A e.g. Florence on my phone

Q What position should you be in to take BP readings?

A Sitting, with arm resting in front, at heart level

Q Can you tell me the order in which you should record the numbers?

A Sys then Dias

Q What urine should you not test?

A First urine of the day

Q How long should you wait after dipping your stick in urine to read the result?

A 60 seconds

Q How should you record your urine result?

A PROT 0 / 1 / 2

Q Who should you contact if Florence says your reading is not normal?

A DBU or triage number

Document understanding e.g in Badger notes

Scan consent form and loan agreement form into notes