



The law says that Health Services have to think about people with learning disabilities to make sure they get extra support and help, so that the health services they get are as good as other people's and to make sure that people feel safe.



You can ask to go and talk to someone before you have any tests. You can ask for longer appointments.



You can also talk to the Patient Advice and Liaison Service (PALS).

PALS provide on-the-spot help or information for patients, families and friends when and where you need it. If you have any questions, problems or concerns about your care or the care of the person you are looking after you can contact the team and they will help to sort it out.

This is a Free service. If you would like to speak to someone from PALS please ask at the main reception areas. Their office hours are **9am to 5pm—Monday to Friday.**

You can also contact the team by telephone on: 0800 028 2451.

Having your Blood Pressure checked



Cardio Thoracic Division





Your nurse or doctor might want to check your blood pressure when you see them.



The nurse or doctor will put air into the cuff by squeezing a ball at the end of blood pressure cuff.



What will happen?

The nurse or doctor will put a band around the top of your arm. This is called a cuff.



The cuff will get tight and squeeze your arm. It might make your arm feel tingling or uncomfortable.



The cuff is connected to a machine that has numbers on it.



The nurse or doctor will then write down the numbers from machine.



The nurse or doctor will put a stethoscope on your arm.

These numbers are your blood pressure.