



Home Blood Pressure for monitoring Hypertension

Patient's Name:

Date of Birth:

Monitor your BP twice daily in the morning and in the evening for 3 days.

On each occasion, take two readings and record BOTH readings below.

After 3 days return the readings to us by hand, post or email the sheet to Okehampton.medicalcentre@nhs.net

<u>Day am/pm</u>	<u>Date</u>	<u>Time</u>	<u>SYS</u>	<u>DIA</u>
1 1 st am				
1 2 nd am				
1 1 st pm				
1 2 nd pm				
2 1 st am				
2 2 nd am				
2 1 st pm				
2 2 nd pm				
3 1 st am				
3 2 nd am				
3 1 st pm				
3 2 nd pm				

Please calculate the average for both columns (SYS/DIA).

Add up all figures for sys. column and divide by no of entries
Repeat for dia. column.

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Tick / Name

For practice use only FAO GP

FAO Nurse

If result less than 135/85 & u80

If result less than 145/85 & o80

record in record only

record in record only

How to monitor your blood pressure correctly

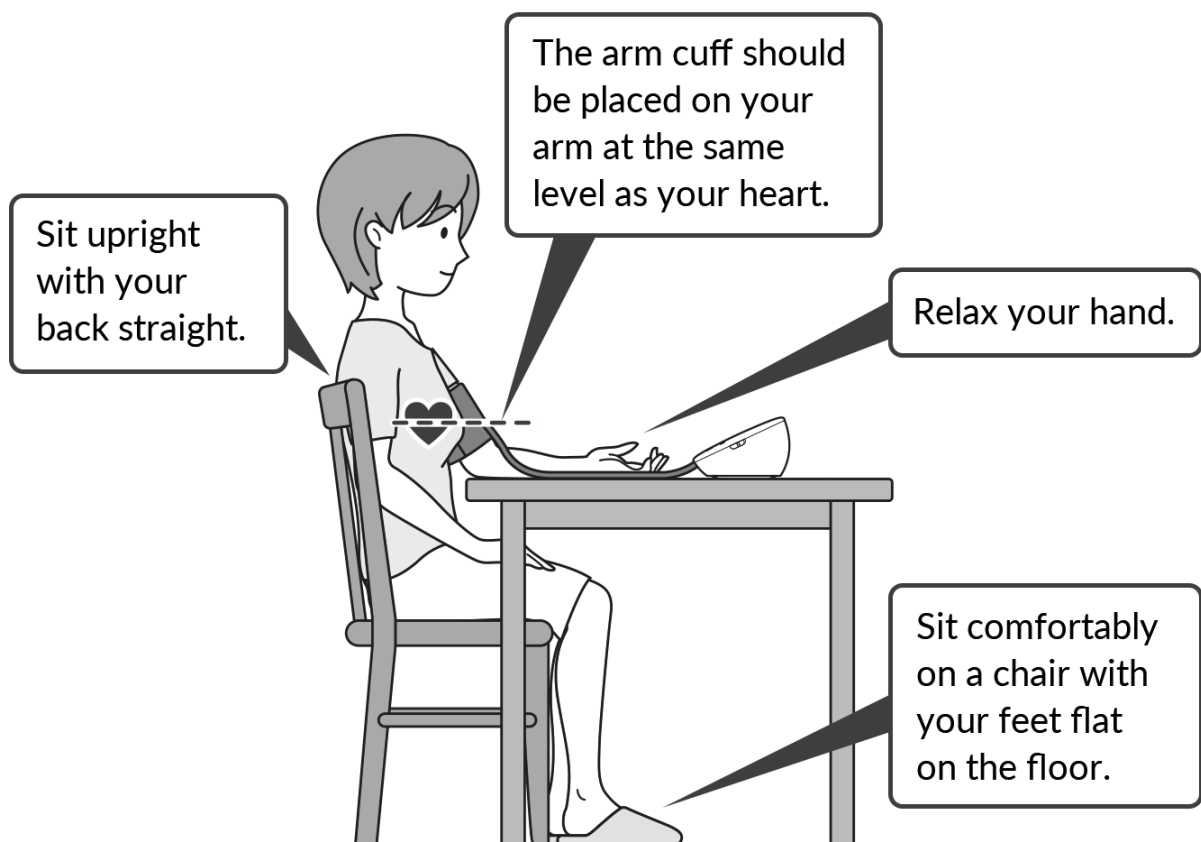
Sit on a chair with your back supported and both feet on the floor

Rest an outstretched arm onto a table or a raised cushion.

Wrap the cuff around the upper part of the outstretched arm at heart level. It is important to have the right size cuff to ensure accurate readings

Press the button to turn on your monitor and then press again to record BP.

Sit quietly and still while the BP reading is being taken.



If you would like more information on how to take a blood pressure reading at home or need to purchase a BP machine please visit

www.bloodpressureuk.org or www.bihsoc.org/bp-monitors