

Partners

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HOME BLOOD PRESSURE MONITORING

Patient Name:

Date of Birth:/...../.....

DATE OF DAY ONE:/...../.....

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	SYS	DIA	SYS	DIA	SYS	DIA	SYS	DIA	SYS	DIA	SYS	DIA	SYS	DIA
Morning Reading														
Evening Reading														
Column Total:														
Total of SYS Columns divided by 12:														
Total of DIA Columns divided by 12:														

INSTRUCTIONS:

- Please monitor and record your blood pressure at home for 7 consecutive days.
 - On each day, monitor your blood pressure on **two** occasions- in the **morning** (between 6am and 12noon) and again in the **evening** (between 6pm and midnight).
 - On each occasion take a **minimum of two readings**, leaving at least 5 minutes between each, write down the second reading, as the first reading can be falsely elevated (If the first two readings are very different, take 2 or 3 further readings).
 - You may find that the first readings will be high, then the readings after this may stabilise and be lower and this will represent your true blood pressure – **record the final reading.**
- It's important that you are relaxed to get an accurate reading. Before taking the readings please ensure you have relaxed for 15 minutes (no physical, emotional, mental stress).
- Enter the higher pressure (Systolic) in the SYS column and the lower pressure (Diastolic) in the DIA column. You do not need to record the Pulse.

INTERPRETATION:

Readings on the first day are discarded, and the average of the other readings is calculated.
Hypertension is diagnosed if average blood pressure is $\geq 150/95$.
Target blood pressure is $\leq 135/85$ if under the age of 80, or $\leq 145/85$ if over the age of 80.

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