

Hypertension Home Readings

Patient Name(in full)..... D.O.B.....
Start Date:..... Emis..... (office use only)

| | Morning 1 | Morning 2 | Evening 1 | Evening 2 |
|-------|-----------|-----------|-----------|-----------|
| Day 1 | | | | |
| Day 2 | | | | |
| Day 3 | | | | |
| Day 4 | | | | |
| Day 5 | | | | |
| Day 6 | | | | |
| Day 7 | | | | |

Please take blood pressures one minute apart

| | |
|--------------------------|--|
| Average Systolic | |
| Average Diastolic | |

To work out the average:

- Disregard Day 1's readings
- Add up all the larger numbers (systolic) and divide by the number of readings taken. This will give you an average reading
- Then repeat with the lower numbers (diastolic).
- Any difficulty with this please bring to the surgery and our Admin team will work out your average.

Once completed please return the form to Billesdon or Bushby surgery for the attention of the Healthcare Assistant

Please tick: I smoke*
 I used to smoke
 I have never smoked

* Get help to quit smoking by calling 0345 646 66 66 or visit www.quitready.co.uk