

## CHILWELL VALLEY AND MEADOWS PRACTICE: HOME BLOOD PRESSURE MONITORING SHEET

Current medical evidence suggests that the most accurate way to monitor blood pressure is to use the average of readings taken at home, rather than readings taken in the surgery. The National Institute of Health and Clinical Excellence recommend that 4-7 days of twice-daily readings are used (ignoring results on the first day) to calculate that average. That makes sure that we are treating the right numbers, and NOT OVERTREATING by looking at numbers that are artificially high. In theory if we get this right you will need LESS MEDICATION and have FEWER SIDE EFFECTS, so it's worth a go!

Fill in the readings below. If you don't fancy doing the maths at the bottom, don't worry; we will do it for you.

NAME:

Date of Birth:

NHS number (if known):

Address:

	AM		PM	
	Systolic	Diastolic	Systolic	Diastolic
Day 1:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Day 2:	<input type="text"/> A	<input type="text"/> B	<input type="text"/> A	<input type="text"/> B
Day 3:	<input type="text"/> A	<input type="text"/> B	<input type="text"/> A	<input type="text"/> B
Day 4:	<input type="text"/> A	<input type="text"/> B	<input type="text"/> A	<input type="text"/> B
Day 5:	<input type="text"/> A	<input type="text"/> B	<input type="text"/> A	<input type="text"/> B
Day 6:	<input type="text"/> A	<input type="text"/> B	<input type="text"/> A	<input type="text"/> B
Day 7:	<input type="text"/> A	<input type="text"/> B	<input type="text"/> A	<input type="text"/> B

### NOTES ON TAKING YOUR BLOOD PRESSURE (BP)

- if you are taking medication, we want to know what your BP is ON the medication, not off it. Please take your medication as usual when recording these readings.
- Sit quietly for a minute or two and take your BP according to the instructions
- Take two readings at each time point, 1 minute apart.
- We need at least 4 days of readings, and ideally 7 days. These should be consecutive days (that is, one day after the other without gaps).
- It's important that you measure your BP on day 1, although these readings aren't involved in calculating the average. This reduces the "white-coat effect" (which can even happen at home).
- Not everyone is comfortable with maths- please don't struggle alone, and if you need help, just put the numbers from the machine in, ignore the bottom of the page and we will do the rest.
- Once you're done, you can hand this form in, email it to [nncg.cvamp@nhs.net](mailto:nncg.cvamp@nhs.net) or just let us have the numbers from the "Systolic" and "Diastolic" boxes below.

Add up all the **Box A** numbers and put the total here:  C

Write **how many Box A's** you have filled here:  D

Add up all the **Box B** numbers and put the total here:  E

Write **how many Box B's** you have filled here:  F

Average of all Box A's  
 $\text{Box C} \div \text{Box D}$   
 Ignore any decimals  Systolic

Average of all Box B's  
 $\text{Box E} \div \text{Box F}$   
 Ignore any decimals  Diastolic

Now email this form to [nncb-nn.cvamp@nhs.net](mailto:nncb-nn.cvamp@nhs.net), or hand it in at reception. *Make sure you have put your name in the box above.*