Blood Pressure Home monitoring

# Name………………………………… Date of birth………………………

Your GP or Nurse has asked that you record your blood pressure at home for the next few days using an automatic blood pressure machine to see if you have high blood pressure or not.

You should measure your blood pressure twice a day, once in the morning and once in the evening. On each occasion you should take two readings, at least two minutes apart. You should take readings for at least four days, and ideally for seven days.

**\*\*\*\*\*\*\*\*\* At the end of the week, please calculate the**

**average reading as below \*\*\*\*\*\*\*\***

1. Discard all results for Day 1 – ie don’t use these numbers
2. Add all the 1st (top) numbers up together for each day and evening and divide by the total number of readings for the full week – should be 24
3. Repeat doing the 2nd number - the bottom one.
4. Record below as average reading.

**Average BP** = ……………………….

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Morning 1 | Morning 2 |  | Evening 1 | Evening 2 |
| SAMPLE | 150/90 | 148/90 |  | 132/89 | 132/88 |
| Day 1 |  |  |  |  |  |
| Day 2 |  |  |  |  |  |
| Day 3 |  |  |  |  |  |
| Day 4 |  |  |  |  |  |
| Day 5 |  |  |  |  |  |
| Day 6 |  |  |  |  |  |
| Day 7 |  |  |  |  |  |

**NOW AVERAGE YOUR READINGS**

The surgery will contact you with your results and arrange an appointment if necessary.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Office Use only |  |  |  |  |  |
| DATE: |
| Seen by Dr/Nurse | Scan |  |  |  |  |
| Inform patient | Appt needed? |  |  |  |  |
|  |  |  |  |  |  |

**Monitoring your blood pressure?**

Some people find it a bit stressful to have their blood pressure checked in a doctor's surgery. This is known as white coat syndrome. If your blood pressure is raised, the doctor will not know if this is because of the stress of being in the surgery (white coat high blood pressure) or because your blood pressure is usually and persistently high, even when relaxed at home. It is a persistently high blood pressure that is known as hypertension.

The National Institute for Health and Clinical Excellence (NICE) recommends that if your blood pressure is found to be 140/90 mm Hg (= millimetres of mercury) or above, you should check it at home and during your normal day-to-day activities. The best way to do this is using an ambulatory blood pressure monitor or a home blood pressure monitor can be used.

**Ambulatory blood pressure monitoring**

The ambulatory blood pressure monitor consists of a cuff which wraps round your arm. The cuff is attached to a small electric recording device on a belt or strap worn on your body.

You should keep the device safe and dry and not have a bath or shower whilst wearing it. From time to time you will feel a tightening sensation in your arm whilst the cuff is inflating but this will not last very long and most people will not be worried by it.

Try not to move your arm whilst the cuff is inflating. If the device cannot record your blood pressure it will try to repeat the process up to three times. The machine is usually set to record twice an hour.

The ambulatory monitor can be worn whilst going about your everyday activities. So, it will give an accurate impression about how your blood pressure behaves under normal circumstances. The doctor will look at at least 14 readings spread throughout the day to decide whether or not you have hypertension.

**Home blood pressure monitoring**

This is an alternative to ambulatory blood pressure monitoring. The process for doing this will be exactly the same as that used by the doctor or nurse in the surgery.

You will be given a blood pressure monitor to use at home. Wrap the cuff around your arm just above the level of the elbow. You should be seated comfortably with your arm supported (for example, on a table) at the level of your heart. Press the button to inflate the machine and make a note of the reading.

You should measure your blood pressure twice a day, once in the morning and once in the evening. On each occasion you should take two readings, one minute apart. You should take readings for at least four days, and ideally for seven days. The doctor should use all the readings, apart from those taken on the first day, to calculate your average blood pressure.

**What your readings mean**

* If your blood pressure is below 140/90 mm Hg at the surgery, it will be considered normal.
* If your blood pressure is above 140/90mm Hg at the surgery but your average ambulatory or home reading is below 135/85 mm Hg, it will be considered normal.
* If your blood pressure at the surgery is 140/90 mm Hg or above and your average ambulatory or home reading is above 135/85 mm Hg, it will be considered high.