

## Home Blood Pressure Monitor Readings

**Patient Name:**

**Date of Birth:**

**GP:**

Please monitor your blood pressure for the next seven days. You will need to take two readings in the morning and two readings in the evening. Each of the two readings needs to be taken one minute apart whilst seated.

Day	Date	Morning		Evening		Comments
1						
2						
3						
4						
5						
6						
7						
		Average Morning		Average Evening		
		Total Average				

## **Sabden and Whalley Medical Group in Conjunction with The Ribblesdale Cardiovascular Network**

### **Patient Information on Home Blood Pressure Monitoring (HBPM)**

You may already have a home blood pressure monitor, or you may have been loaned one from the surgery.

#### **Technique:**

Wrap the cuff around your arm just above the level of the elbow, ensuring the tubing is in the right position. When taking your reading you should be seated comfortably with your arm supported (*for example, on a table*) at the level of your heart. Press the start button to inflate the machine and then make a note of the reading.

You should measure your blood pressure twice a day (*morning and evening*), for seven consecutive days. On each occasion you should take two readings, leaving at least a minute in between. The surgery will use all the readings, apart from those taken on the first day, to calculate your average blood pressure.

#### **Suggestions for Ensuring Accurate Readings:**

There are a few simple steps that you can follow, before taking your readings, to ensure that you get an accurate measurement. These are as follows:

- Make sure you do not need to use the toilet, and that you have not just eaten a big meal.
- Do not measure your blood pressure within 30 minutes of drinking caffeine or smoking, or immediately after exercise or drinking alcohol.
- Wear loose-fitting clothes, like a short sleeved t-shirt, so that you can push your sleeve up comfortably.
- Always use the same arm for readings, as each arm will give you a slightly different reading.
- Before you take your readings, rest for a few minutes.
- Make sure your arm is supported and that the cuff around your arm is at the same level as your heart.

#### **Interpretation of Your Results:**

Generally speaking, if your average blood pressure reading taken at home is less than 135/85mmHg, it would be considered normal and well controlled.

However, there are certain exceptions to this rule (*the below list is not exhaustive*) which will be taken into account by the surgery:

- Should you be over the age of 85, frail, or at significant risk of falling, an average blood pressure reading of more than 135/85mmHg may be entirely reasonable.
- Should you have diabetes, or significant kidney disease, controlling your blood pressure to a lower target than 135/85mmHg may be beneficial.