

Farnham Park Health Group

Home Blood Pressure Measurements

(Please follow the guidelines on Page 2)

Name:		Date of Birth:	Emis:	
		Systolic	Diastolic	Pulse
DAY 1 DATE	AM			
	PM			
	Evening			
DAY 2 DATE	AM			
	PM			
	Evening			
DAY 3 DATE	AM			
	PM			
	Evening			
DAY 4 DATE	AM			
	PM			
	Evening			
DAY 5 DATE	AM			
	PM			
	Evening			
DAY 6 DATE	AM			
	PM			
	Evening			
DAY 7 DATE	AM			
	PM			
	Evening			
Total				
Number of readings				
Average				

*Take 3 readings waiting about 1- 2 minutes between each one. Record on the form the **lowest** of the 3 readings. **We would be very grateful if you could work out the average of your blood pressure readings from Day 2 to Day 7, which will be 18 readings, before returning the form. This can be done by adding up the numbers in the column under the heading 'systolic' and then dividing that total number by the number of readings you have done. You would need to do this again for the column headed 'diastolic'.***

Please also average the pulse column.

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Guidelines for measuring blood pressure at home

When and how often?

- Measure your blood pressure for 1 week.
- You need to measure your blood pressure 3 times a day: in the morning, in the afternoon, and again in the evening. It is important to try to keep to the same times each day. This allows us to compare like with like.
- We will discount the first day's reading and make an average of the following 18 readings.

How do I take a reading?

- Wear a short sleeved t-shirt or loose fitting top so that the sleeve can be pushed up comfortably.
- Always **use the same arm** for all your readings. The nurse will inform you which arm to monitor. If there is a noticeable difference, then we will ask you to monitor your BP in your highest arm.
- Before taking the readings, try to **rest for 5 minutes**. You should be sitting down at a desk or table, with your arm resting on a firm surface and your feet flat on the floor.
- Put the cuff on following the instructions from the nurse or your manual. You need to make sure you are using the **correct sized cuff** for your arm circumference-the nurse can advise you on this.
- It is important that your arm is supported and that the cuff around the arm is at the **same level as your heart**. You may need to support your arm with a cushion to make sure it is at the correct height. Ensure your arm is relaxed and not tense.
- When the reading is being taken **keep still and silent**. Moving and talking can affect the readings.
- Take 3 readings waiting about 1- 2 minutes between each one. Record on the form the **lowest** of the 3 readings. **We would be very grateful if you could work out the average of your blood pressure readings from Day 2 to Day 7, which will be 18 readings, before returning the form. This can be done by adding up the numbers in the column under the heading 'systolic' and then dividing that total number by the number of readings you have done. You would need to do this again for the column headed 'diastolic'. Please also average the pulse column.**
- There are several factors that can make your blood pressure rise temporarily: exercise, excitement and pain are just a few. **Make sure your bladder is empty, and that you have not eaten, smoked or had any caffeine within 30 minutes of taking your blood pressure readings.**