

GATLEY MEDICAL CENTRE - HOME BLOOD PRESSURE MEASUREMENT

Email back to:

stoccg.gatleymedicalcentre@nhs.net

Blood pressure readings for the month of:

Name:

Date of birth:

NHS number:

Doctor looking after your blood pressure:

Please measure home blood pressures (HBP) in the following way:

Apply the cuff on your upper arm with its lower edge 2 finger-breadths above the bend of your elbow.

Relax and make sure you are sitting comfortably (not talking), with a relaxed arm which is well-supported on a table or arm of a chair.

Take TWO readings, 1 minute apart, TWICE A DAY in the MORNING before breakfast and EVENING before bed and record these on the spreadsheet. Discard the readings from the first day.

Do this for 7 days in a row before returning the spreadsheet to the email address above

If there is any change in your blood pressure medication please record it on the comments section of the spreadsheet and wait at least 7-10 days before repeating a set of 7 days of readings.

Reading number	Date	Time of day	Systolic (top number)	Diastolic (bottom number)	Pulse	Comments (eg. location, stressful or relaxing day, medications started/stopped)
1		am				
2		am				
3		pm				
4		pm				
5		am				
6		am				
7		pm				
8		pm				
9		am				
10		am				
11		pm				
12		pm				
13		am				
14		am				

15		pm				
16		pm				
17		am				
18		am				
19		pm				
20		pm				
21		am				
22		am				
23		pm				
24		pm				
25		am				
26		am				
27		pm				
28		pm				
29		am				
30		am				
31		pm				
32		pm				
	Minimum					
	Maximum					
	Average					

Note to doctors: Confirm a diagnosis of hypertension if HBPM average is >135/85 mmHg.
 BP targets : HBPM <135/85 in the under 80's and <145/85 in over 80s, if CKD WITH diabetes or if ACR >70, HBPM target is <125/75