

The Hopetoun Practice

Home Blood Pressure Recording Form

In order to try and get a better picture of what your blood pressure (BP) is like on a day-to-day basis, we would like you to record your BP on a number of occasions over a period of 7 days. You can either do this using your own BP machine, if you have one that is approved for use by the British Hypertension Society (our website, www.thehopetounpractice.co.uk, tells you how you can check this), or we will have loaned you one from the Practice.

How Do I Take My Blood Pressure Readings?

- Wear a short sleeved T-shirt, or loose fitting clothing so that the sleeve can be pushed up comfortably.
- Always use the same arm for readings, preferably the same arm on which your measurements are taken at the surgery.
- Before taking readings, rest for five minutes. You should be sitting down, preferably at a desk or a table, in a quiet place, with your arm resting on a firm surface, and your feet flat on the floor. It is very 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 (see picture below). Ensure that the arm is totally relaxed and not tensed.
- When the reading is being taken keep still and silent. Moving and talking can affect the reading.
- Please practice using the machine for a day or so before starting to record your readings properly, and don't bother recording these on the sheet. This is to ensure that you are completely comfortable with the machine. If these initial readings are wrong because you're not used to the machine, they will affect your average and could seriously affect the end result.
- When you're ready to start recording properly, please **take two separate readings each morning, and another two readings each evening**, and record them on the chart on the other side of this sheet. **You should leave a break of about 2-3 minutes between taking each of your two measurements each morning and evening.** Don't take your morning readings as soon as you get out of bed, but a little while later, when your body has woken up a bit. Remember that your blood pressure reading has two parts: the **top** number (or systolic) and the **bottom** number (or diastolic). **Both** of these must be recorded. Don't worry about your pulse rate, which is the other number on the screen.
- If you get an "error" message, try repositioning the cuff, making sure you have it on correctly, as the nurse showed you. You can also watch the video on our website that shows you how to take your blood pressure correctly.



- If you can manage, it would be very helpful if you could add up the 4 readings in each horizontal row of the chart each day, as we will need these totals to work out your **average** blood pressure over the week of monitoring. We've shown you an example of how to fill in the chart at the top.

Date First Day of Recording Started: _____

| Day | Morning | | Evening | | Top Number Total for Day | Bottom Number Total for Day |
|--|------------------------------------|-------------------------|------------------------------|-------------------------|-----------------------------|-----------------------------------|
| | 1 st Reading | 2 nd Reading | 1 st Reading | 2 nd Reading | | |
| Example Day | 157 Top Number | 168 Top Number | 142 Top Number | 152 Top Number | 619 (157+168+142+152) | |
| | 87 Bottom Number | 95 Bottom Number | 78 Bottom Number | 84 Bottom Number | | 344 (87+95+78+84) |
| 1 | | | | | | |
| | | | | | | |
| 2 | | | | | | |
| | | | | | | |
| 3 | | | | | | |
| | | | | | | |
| 4 | | | | | | |
| | | | | | | |
| 5 | | | | | | |
| | | | | | | |
| 6 | | | | | | |
| | | | | | | |
| 7 | | | | | | |
| | | | | | | |
| This Section for Practice Use Only | | | 7-Day Systolic Total (S) | | | |
| | | | 7-Day Diastolic Total (D) | | | |
| | Average Systolic BP = $S \div 28$ | | | | | |
| | Average Diastolic BP = $D \div 28$ | | | | | |

Patient Label

GP Label