



BLOOD PRESSURE RECORD - HOME MONITORING CHART

For the attention of: Dr

Patient Name & DOB:

How to take BP

Position the cuff on your left, then right arm, if more than 20 of a difference, use arm with highest reading. **Always use the same arm.** The cuff should be wrapped firmly around your arm above the bend of your elbow. The tubing should be in line with your middle finger.

Record your blood pressure on the chart provided. Ensure that:

- 1) for each blood pressure recording, with the person seated, two consecutive measurements are taken, at least 1 minute apart
- 2) blood pressure is recorded twice daily, ideally in the morning and evening

Your blood pressure may vary quite a lot throughout the seven-day period – this is normal.

NB: Systolic Reading = First/High Reading
Diastolic Reading = Second/Low Reading

If consistently above 170 systolic or 110 diastolic contact surgery. Please bring urine sample.

Date:	AM		AM		PM		PM	
	Systolic	Diastolic	Systolic	Diastolic	Systolic	Diastolic	Systolic	Diastolic
Day 1								
2								
3								
4								
5								
6								
7								

Family History

Has anyone in your family ie parents, brothers, sisters developed heart disease or stroke UNDER 60 years old?

1 Heart disease (angina, heart attack, heart by-pass Operation) Yes No

Details:

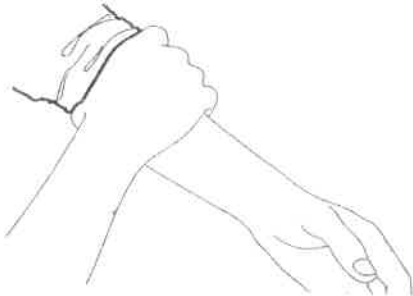
2 Stroke Yes No

Details:

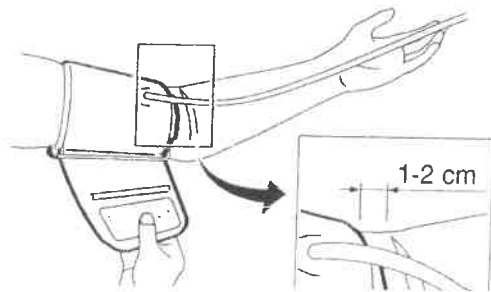
Total		
Average		

CUFF FITTING INSTRUCTIONS

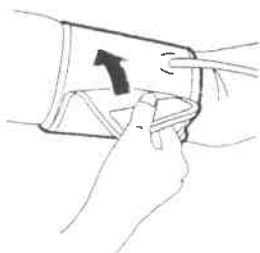
1. Roll sleeve up to the top of your arm - if tight remove arm from clothing.
FIT CUFF.
CAUTION! Do not inflate the cuff when not wrapped around the arm.



2. Put your arm through the loop. Keep the tube even with your middle finger ensuring the tube runs down the middle of your inner arm.



3. Hold the end of the cuff and wrap it around your arm.
CAUTION! Be sure the cuff fits closely; do not pinch your arm!



4. Relax your arm by your side and press the START button.

BP monitors can be purchased through Amazon, Argos etc or local chemists. Information on reputable machines can be found on the British Hypertension Society website <http://bhsoc.org/bp-monitors/> then click Blood Pressure Monitors Validated for Home Use.