**Home BP Recording**

Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Record BP At home for 7 consecutive days. Each day take 2 morning readings (at least 2 minutes apart) and then 2 evening readings (at least 2 minutes apart), whilst seated.

At the end of the week you will then have 28 readings. Calculate the average of these 28 readings – this is the number we will base treatment on.

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Systolic (Top Number)** | **Diastolic (Bottom Number)** |
| MondayDate: \_\_\_\_\_\_\_\_\_\_\_\_ | Morning |  |  |
| Morning |  |  |
| Evening |  |  |
| Evening |  |  |
| TuesdayDate: \_\_\_\_\_\_\_\_\_\_\_\_ | Morning |  |  |
| Morning |  |  |
| Evening |  |  |
| Evening |  |  |
| WednesdayDate: \_\_\_\_\_\_\_\_\_\_\_\_ | Morning |  |  |
| Morning |  |  |
| Evening |  |  |
| Evening |  |  |
| ThursdayDate: \_\_\_\_\_\_\_\_\_\_\_\_ | Morning |  |  |
| Morning |  |  |
| Evening |  |  |
| Evening |  |  |
| FridayDate: \_\_\_\_\_\_\_\_\_\_\_\_ | Morning |  |  |
| Morning |  |  |
| Evening |  |  |
| Evening |  |  |
| Saturday Date: \_\_\_\_\_\_\_\_\_\_\_\_ | Morning |  |  |
| Morning |  |  |
| Evening |  |  |
| Evening |  |  |
| SundayDate: \_\_\_\_\_\_\_\_\_\_\_\_ | Morning |  |  |
| Morning |  |  |
| Evening |  |  |
| Evening |  |  |
| **Average** *(Total of the readings divided by the number of readings)*  |  |  |

**8 Steps to Ensure an Accurate Blood Pressure**

Taking a BP over clothing can increase the measurement by 

**10-40mmHg**

 A full bladder adds **10 – 15mmHg**

  Talking can add **10 – 15mmHg**

 Crossed legs can add **2 – 8mmHg**

 An unsupported back can add **5 – 10mmHg**

  Unsupported feet can add **5 – 10 mmHg**

 Unsupported arm can add **10mmHg** – If arm below heart level

 readings too high. If arm above heart level readings will be too low

Avoiding Caffeine, smoking and Exercise for **30 minutes**

before checking BP can ensure an accurate reading