

The Highlands Practice – Blood Pressure Home Monitoring

High blood pressure (hypertension) is a common problem, and there is overwhelming evidence to support the benefit of reducing high blood pressure in reducing your risk of stroke, heart disease and death.

Blood pressure is often a bit higher in the doctor's surgery than at home and therefore home recordings tend to be a more realistic representation of your blood pressure. An average home blood pressure of 135/85 or less is normal.

You can buy a machine but machines can vary in reliability and we would therefore recommend that you buy one from the list of validated machines by the British Hypertension Society <http://www.bhsoc.org> - you will need a large cuff if you have a large arm

Name:

Date of Birth:

Usual GP:

Please record your blood pressure readings on the chart below. The top number is the **systolic** and the bottom number is the **diastolic**. Take your blood pressure at approximately the same times in the morning and evening for 7 consecutive days. On each occasion take 2 readings at least 1 minute apart. Once you have completed your chart please hand it into Reception who will pass it onto your GP for review.

Day	Date		Morning		Evening	
			Systolic	Diastolic	Systolic	Diastolic
Example	01/10/15	1 st reading	146	86	154	84
		2 nd reading	142	86	152	82
1		1 st reading				
		2 nd reading				
2		1 st reading				
		2 nd reading				
3		1 st reading				
		2 nd reading				
4		1 st reading				
		2 nd reading				
5		1 st reading				
		2 nd reading				
6		1 st reading				
		2 nd reading				
7		1 st reading				
		2 nd reading				

Notes to Clinician

When working out the mean blood pressure exclude the readings from day 1 (i.e. there should be 24 readings). Useful read codes:

246d.% 'average home systolic blood pressure'

246c.% 'average home diastolic blood pressure'

Mean Blood Pressure: