GRASSENDALE
Medical Practice

Home blood pressure monitoring advice and record chart

To help ensure a reliable reading, try and avoid eating, smoking, or exercising for at least 30 minutes before taking a measurement. Remove any tight-fitting clothing from your upper arm.

1. Sit on a chair with your feet flat on the floor and place your arm on a table so that the arm cuff will be at the same level as your heart.
2. Apply the arm cuff to your upper arm. The coloured marker should be centred on the inside of your arm and point down the inside of the arm, so that the air tube runs down the inside of your forearm and is in line with your middle finger.
3. Secure the cuff around your arm using the fabric fastener strip, ensure that your arm is supported by the table and completely relaxed.
4. Press the START button on your machine, ensure that you are as relaxed as possible.
5. When measurement is complete, the monitor displays your blood pressure and pulse rate, and automatically deflates the cuff.
6. Take 2 readings each time, approximately a minute apart. Write both sets of figures on the chart.
7. You must complete at least 5 days' worth of readings for the data to be valid, though 7 days is better.
8. Hand in the chart to the surgery – your doctor will usually already have advised you if they would like to see you again for review, or if they will contact you depending on the results.

Home BP measurements

Name: Date of birth:

Day		Morning		Evening	
		1ˢᵗ reading	2ⁿᵈ reading	1ˢᵗ reading	2ⁿᵈ reading
1	Top (systolic)	eg 120			
	Bottom (diastolic)	eg: 70			
2	Top (systolic)				
	Bottom (diastolic)				
3	Top (systolic)				
	Bottom (diastolic)				
4	Top (systolic)				
	Bottom (diastolic)				
5	Top (systolic)				
	Bottom (diastolic)				
6	Top (systolic)				
	Bottom (diastolic)				
7	Top (systolic)				
	Bottom (diastolic)				

Admin staff: enter the above readings into the home blood pressure spreadsheet and then just write in the results below for scanning and code on EMIS as shown.

average home systolic reading (code 246d)	
average home diastolic reading (code 246c)	

Date received: