

## Home BP Measurement Form

Current best practice supports home monitoring of blood pressure which improves the accuracy of readings in order to achieve good blood pressure control and also avoids the potential problems of unnecessary over treatment  
(NICE 2011)

**Method:**

Measure your blood pressure on waking and each evening every day for 7 consecutive days.  
Record 2 readings a minute or two apart on each occasion. At the end of the week you should have 28 readings. Please be accurate and write down all the readings even if they seem high  
Please record the readings in the chart below

We advise you purchase a meter approved by the British Hypertension Society <http://www.bhsoc.org>

Return the chart after 7 days to Reception by hand or email ([reception.hollytree@nhs.net](mailto:reception.hollytree@nhs.net)) and your doctor will assess the reading and will ask you to attend surgery if necessary.

**NAME:**

**D.O.B.**

**Address**

Start Date	Morning 1		Morning 2		Afternoon 1		Afternoon 2	
	systolic	diastolic	systolic	diastolic	systolic	diastolic	systolic	diastolic
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								
<b>Average</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>

**7 Day Averages**

**Systolic Average**                      **#DIV/0!**

**Diastolic Average**                      **#DIV/0!**