

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 5 to 7 consecutive days.

Record 2 readings a minute or two apart on each occasion. At the end of the week you should have 20 to 28 readings. Please be accurate and recording 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>

Please save this page to your computer and fill it in on a daily basis. Over the period of 5 to 7 days you will see the table below average your readings.

Please return the chart to Reception by email (reception.hollytree@nhs.net) and your doctor will assess the

NAME:

D.O.B.

GP

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								
Average								

7 Day Averages

Systolic Average

Diastolic Average