**Stokewood & Old Anchor Home BP Monitoring Chart**

|  |  |
| --- | --- |
| **Name** |  |
| **DOB** |  |
| **EMIS No** |  |
| **Start date** |  |

***If you would prefer to send your results via email – send an email to*** ***WHCCG.StokewoodSurgery@nhs.net*** ***to request an electronic version of this form.***

|  |  |  |
| --- | --- | --- |
| **Reason for Home BP reading** |  | Please Tick |
| **Diagnosis of Hypertension** |  |  |
| **Monitoring** | Hypertension |  |
|  | Vascular Disease |  |
| Diabetes |  |
| CKD |  |
| **Other:** |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **AM** | **AM** | **PM** | **PM** |
| **1** | **/** | **/** | **/** | **/** |
| **2** | **/** | **/** | **/** | **/** |
| **3** | **/** | **/** | **/** | **/** |
| **4** | **/** | **/** | **/** | **/** |
| **5** | **/** | **/** | **/** | **/** |
| **6** | **/** | **/** | **/** | **/** |
| **7** | **/** | **/** | **/** | **/** |

YOU WILL BE CONTACTED IF BP CONTROL IS NOT TO SATISFACTION

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For Admin use only

|  |  |
| --- | --- |
| **Mean BP** |  |

|  |  |
| --- | --- |
| **Outcome** | **Please Tick** |
| **BP Satisfactory** |  |
| **Review with GP** |  |

**Stokewood Surgery Guide to Home Blood Pressure Monitoring**

**The Monitor**

Monitors can be purchased from pharmacies or online.

Check that the monitor has been “validated”. A list is available from the British Hypertension Society website or you can ask the salesperson.

Good value monitors are just as accurate as expensive ones.

BP Monitors are usually supplied with a standard cuff (see individual sizes listed below). If your upper arm circumference is outside of the standard range, you should purchase either a larger or smaller cuff as appropriate. This is important because a cuff that is too large or too small will give an inaccurate reading.

**Cuff sizes: Small 18-24cm (7-9.5 inches), Standard 23-35cm (9-14 inches), Large 35-40cm (14-16.5 inches)**

**The Measuring**

You need to be sat down with the monitor at the same level as your heart.

Take two readings at least two minutes apart.

Take readings twice daily ideally in the morning and the evening for seven days.

Record your reading on the attached chart and bring it back to your doctor as they have arranged.