

Holmes Chapel Health Centre

Home Blood Pressure Monitoring Record

Raised blood pressure (hypertension) is an important cause of health problems, particularly heart, stroke and kidney disease, but generally does not produce symptoms until significant damage has been caused. For this reason it is important for us to periodically measure your BP to check it is at a healthy level.

When your BP is taken at the Health Centre or hospital by a doctor or nurse it can sometimes be raised due to anxiety – this is referred to as the ‘white coat effect’. In this situation further readings are required to exclude raised BP due to hypertension, which may require treatment. Measuring your own blood pressure at home over several days provides a practical and accurate means of checking that your BP is at a healthy level. If you are already taking BP medication using Home Blood Pressure Monitoring (HBPM) can be used to confirm your BP is well controlled.

In addition to providing an accurate record of BP readings, research has shown that patients who monitor their own BP, by being more involved in their own healthcare, are more likely to make positive lifestyle choices, including changes to diet, exercise, smoking and alcohol, which all benefit general health.

Monitoring your home blood pressure

In order to obtain accurate readings when measuring your own BP follow these steps:

1. Use a validated home BP monitor, with a cuff that is the correct size for your arm.
2. Choose somewhere where you can sit comfortably in a relaxed environment
3. Your arm should be gently outstretched and supported.
4. Take two readings each time, leaving at least one minute between readings. If there is a significant difference between the two readings take a third reading. Record the lowest of the readings, along with the date and time, and make any comments that you feel may be important.
5. **If hypertension is suspected** and you have been asked to measure your BP to confirm or exclude raised blood pressure, measure your BP at least twice a day, morning and evening, for at least 5 days, though ideally for 7 days. This information may determine whether or not you take medication, possibly for the rest of your life, so it is important to get it right at the outset - the more readings you take the more accurate the results.

Home blood pressure target

Aged under 80 years	Aged 80 years and above
135/85 or below	145/85 or below

6. When you have completed the period of monitoring:

- Discard the measurements taken on the first day (these are often artificially raised) and calculate your average BP from the remaining measurements
- If your average home BP is below the target level for your age, hand the form into reception. Your average BP will be added to your medical record.
- If your average BP is above the target level for your age, please book an appointment with the Health Care Assistant to complete further investigations, and to discuss lifestyle changes and possible drug treatment of your raised BP.

7. For longer term BP monitoring (e.g. if you are taking medication for hypertension):

- Keep a record of your BPs or use the online BP record form. Measure your BP 2-3 times a day once or twice a week initially until you are satisfied your BP is controlled below the target value for your age.
- If your BP is below your target you may reduce the frequency of readings to once a month.
- If you notice your home BP readings increase above your target level, monitor it more closely by taking readings 2-3 times a day. If it settles down to a healthy level you may reduce to monthly readings, but if it remains elevated arrange an appointment to discuss your readings with the practice nurse or your GP. Treatment changes may be required.

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Aged under 80 years 135/85 or below	Aged 80 years and above 145/85 or below
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Name: Given Name Middle Name Surname
Birth

Date of birth: Date of

Address: Home Full Address (single line)

Contact details: Home: Patient Home Telephone
Telephone

Mobile: Patient Mobile

	Date	Time	Systolic BP	Diastolic BP	Pulse rate	Comment
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
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22						
23						
24						
25						
26						
27						
28						
29						
30						
31						
Average						

Please provide at least 14 readings if possible. Each time you take your BP record the best of the 2-3 readings. Discard the measurements taken on the first day and calculate your average BP from the remaining measurements. Please return the completed sheet to the Health Centre. You will be informed if any further action is required. Please check your contact details above are correct and tick the box to confirm we may contact you by text message ☐

This form is also available to download on the Holmes Chapel Health Centre website (<http://www.holmeschapelhealthcentre.co.uk/>) and once completed it may be submitted on line.