**Home Blood Pressure monitoring**

**Name DOB**

If you have an automated blood pressure machine it would be helpful to collect a number of home readings to get a more accurate picture of your blood pressure. Home blood pressure readings are used in those who have established diagnosis of Hypertension and for establishing a new diagnosis of Hypertension especially in cases where the blood pressure is considered “borderline”.

Thirty blood pressure readings should be taken over a five day period. It is recommended that six readings are taken per day, three at the same time in both the morning and afternoon. Calculating the average blood pressure before your clinic appointment would also be helpful. Before starting the process please consider the following points.

1. Is my machine a **wrist** **or upper arm** monitor?

Machines which measure the blood pressure from the wrist are not accurate enough for the purposes of diagnosing and managing hypertension.

1. **When** should I take my readings?

Time of day is not a significantly important factor, we would advise the readings are taken during a period of rest and not immediately after exercise.

1. How **old** is my machine?

Automated blood pressure machines will lose accuracy over a period of time; manufacturers tend to guarantee accuracy for between 3-5 years. Please refer to the instruction booklet and contact the manufacturer if there is doubt. Blood pressure machines can be calibrated by the manufacturer if required.

1. What **data** should I record from the machine?

Blood pressure comprises two figures, the top number (known as the systolic blood pressure) and the bottom number (known as the diastolic blood pressure). This should be recorded in the following format: 123/70. Most automatic machines will also calculate your pulse rate; this does not need to be recorded.

1. How do I calculate the **average blood pressure**?

Both the systolic and diastolic averages must be calculated separately. To do this, first add all of the systolic readings together and divide by the number of the readings taken. Repeat this process for the diastolic blood pressure readings and record them using the format described in point 4.

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| **BP reading am 1** | **BP reading am 2** | **BP reading am 3** | **BP reading pm 1** | **BP reading pm 2** | **BP reading pm 3** | **Average blood pressure reading** |
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