

HOME BLOOD PRESSURE CHART

Name:

Date of birth:

FAO IN SUNNYMEED PRACTICE:

SCAN TO NOTES OF PATIENT:

SCAN TO DOCMAN OF CLINICIAN :

- Measure from the upper arm using an accurate device. It is very important that your arm is supported on a table, with a small cushion if necessary and that the cuff around your arm is at the same level as your heart.
- Take your blood pressure a quiet place whilst seated, wearing short sleeved or loose fitting clothing with your arm and back supported, legs uncrossed and whilst you are not talking -talking and crossed legs increase blood pressure.
- Always use the same arm.
- Take two readings, at least a minute apart, morning and evening for 7 days recording the lower of the two readings onto the BP log sheet. If you need to, write any useful comments in the box provided.
- Once you have completed 7 days of measurements and added your name and date of birth, please hand to your doctor or reception.

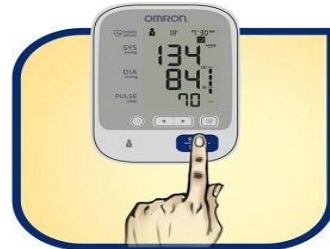
		SYSTOLIC (Upper number)	DIASTOLIC (lower number)	COMMENTS		SYSTOLIC (Upper number)	DIASTOLIC (lower number)	COMMENTS
1	AM	112	96		PM	110	80	
2	AM				PM			
3	AM				PM			
4	AM				PM			
5	AM				PM			
6	AM				PM			
7	AM				PM			
AVERAGE	AM				PM			
COMMENTS:								



Sit with your feet on the floor and your upper arm exposed.



Wrap cuff around upper arm and rest arm on table so cuff is level with your heart.



Press start, cuff will inflate. Review your results in about 30 seconds.

Blood Pressure Targets

Primary Hypertension	$\leq 140/90$ ($\leq 135/85$ HBPM) If aged over 80 years: $\leq 150/90$
CVD	$\leq 140/90$
Diabetes	$\leq 140/80$ If eye, kidney or cerebrovascular complications: $\leq 130/80$
CKD	120 – 139/≤ 90 If ACR ≥ 70: 120 – 129/≤ 80