

## Patient diary

Instructions on how to measure blood pressure are overleaf

<b>Home Blood Pressure Measurement (HBPM) For Diagnosis</b>		Affix Patient Label	
<b>Date:</b>	<b>Systolic Blood Pressure</b>	<b>Diastolic Blood Pressure</b>	<b>Pulse</b>
DAY 1 Morning			
DAY 1 Evening			
DAY 2 Morning			
DAY 2 Evening			
DAY 3 Morning			
DAY 3 Evening			
DAY 4 Morning			
DAY 4 Evening			
DAY 5 Morning			
DAY 5 Evening			
DAY 6 Morning			
DAY 6 Evening			
DAY 7 Morning			
DAY 7 Evening			
<b>Total of Days 2 to 7</b>			
<b>Divided by 12 = HBPM measurement</b>			
<b>Diagnostic cut off is 135/85 if less than age 80 and 145/85 if 80 or over. All sheets should be scanned.</b>			

## **Instructions**

- You should be seated and relaxed when taking your blood pressure.
- The measurements should be made in the morning and evening over seven days.
- Take two readings, one minute apart and record the lowest measurement on the sheet.
- When we calculate your average blood pressure over the week we ignore the first day's readings. We therefore add up the two readings between days two and seven and then divide the sum by 12.
- It is your choice whether or not you do the calculation for yourself.
- Please return the borrowed BP machine as soon as possible with the completed sheet so that it is available for another patient if required.
- If you are in any doubt about what to do please contact the nursing staff at the surgery.