

PARK VIEW GROUP PRACTICE

2 Longford Road West, Reddish, Stockport SK5 6ET

Tel: 0161 983 9500

docman.p88018@nhs.net

www.parkviewgrouppractice.co.uk

 @ParkviewGP

NAME **DOB** /..... /.....

Monitoring your Blood Pressure (BP) at home

- A validated BP monitor can be purchased for £15-£20 from various retailers
- Monitor from your upper arm. Sit with your back and arm supported, uncrossed legs, no talking!
- Measure BP in both arms. If there is a consistent difference of 20 units or over, then always use the arm with the higher readings
- Take two readings at least a minute apart in the mornings and afternoons over 4 days and record the readings on the chart below.
- If it is not possible to take your readings in the morning or afternoon (for example, due to shift work patterns), please take readings twice daily at convenient times for you.

Home Blood Pressure Monitoring Chart

		Date		Date		Date		Date	
		DAY 1		DAY 2		DAY 3		DAY 4	
		1st	2nd	1st	2nd	1st	2nd	1st	2nd
Morning		161	156						
		96	91						
Pulse		65	73						
Afternoon		159	151						
		93	90						
Pulse		83	68						

OVERALL AVERAGE (don't worry we will do the maths!) = _____