

Patient Home Blood Pressure Recordings Chart

Name: _____ Date of Birth: _____

Date of first reading: _____

Instructions for the patient:

Blood pressure is recorded twice daily, ideally in the morning and evening, continuing for at least 4 days, ideally for 7 days.

For each blood pressure recording take two consecutive measurements at least 1 minute apart whilst seated using a blood pressure machine cuff that goes around the upper arm (above the elbow).

| Day | Morning Readings | | Evening Readings | |
|-----|------------------|-----------|------------------|-----------|
| | Reading 1 | Reading 2 | Reading 1 | Reading 2 |
| 1 | / | / | / | / |
| 2 | / | / | / | / |
| 3 | / | / | / | / |
| 4 | / | / | / | / |
| 5 | / | / | / | / |
| 6 | / | / | / | / |
| 7 | / | / | / | / |

Please return this to the medical centre via the post box or reception.

Instructions for Staff at Gleadless Medical Centre:

Please enter the above data in to the Excel spread sheet found on the intranet at:

Location: Practice intranet\CLINICAL REFERENCE\Cardiovascular\Hypertension\

File: Home Blood Pressure Monitoring Log and Calculator.xls

Once the spread sheet is complete, enter the average blood pressure value into the patient's records on EMIS Web (codes: 246d / 246c)