

GUIDANCE ON HOME BP MONITORING

Please use the Brookfield Health Clinics website to complete this form if possible. See link below:

<https://www.brookfieldhealth.org/blood-pressure-review>

Name: Date of Birth:

Form to be returned to requesting clinician:

Target range: (Clinician please tick range) 120/80 130/80 135/85 140/80 140/90 150/90

Please follow the below instructions for taking an accurate set of results:

1. Make sure you are taking the measurements **SITTING DOWN COMFORTABLY, RELAXED , LEGS UNCROSSED, NOT TALKING** and in a calm environment
2. You need to be taking your BP **TWICE** a day
3. You should take **TWO** readings each time, making sure you leave **ONE MINUTE** between each measurement
4. Please repeat the measurements for **SEVEN DAYS**
5. Calculate the average result for both the 'top' (Systolic) and 'bottom' (Diastolic) numbers:
add each top numbers together and divide by number of readings. Do the same for the bottom numbers.
6. If average blood pressure is within target range please hand in form to reception. the doctor.
7. If average blood pressure is above target range, book telephone appointment with the doctor.

START DATE:

FINISH DATE:

	AM Reading 1	AM Reading 2	PM Reading 1	PM Reading 2	TOTAL
Day 1 <small>(Tester day - DO NOT USE RESULTS)</small>					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Overall Total					
AVERAGE = Overall total divided by number of readings (do not include day 1)					

Average home monitoring BP = _____ mmHg