

Home BP Recording sheet



Your Name: _____

Your Date of Birth: _____

Your NHS No (if known): _____

Introduction

1 in 4 adults in the UK have high blood pressure. It rarely causes symptoms itself but hypertension is the third greatest risk factor for premature death and disability in the UK. **Over half of all strokes and heart attacks can be linked to high blood pressure.**

Thankfully diagnosing and treating high blood pressure is easy.

Home Blood Pressure Assessment

Checking your home average BP is one of the best ways to get an accurate assessment of your true blood pressure and helps us avoid over treating you. Blood pressure machines cost about £20 - £30 from your local pharmacy or various online retailers. You can pay much more than this but most doctors use one in the £20-£30 range as they are very good!

Please ensure you use a blood pressure cuff that fits around your upper arm as this gives the most accurate readings. Make sure the cuff is the right size for you – look at the fitting markings on the cuff when using your machine. People with thin arms or those with muscular /larger arms may need different sized cuffs. If in doubt please see your local pharmacist or book a BP check at your local surgery with one of the HCAs /nurses and bring your machine with you.

Sitting and standing blood pressures

Normally our blood pressure goes up when we stand up. When our nervous system stops working quite so well (eg: with age or diabetes) or when we are over-treated with BP meds our BP goes down when we stand up: this can put us at risk of falls so it is good to check a sitting and standing BP.

To do this check your sitting blood pressure first then stand up for 3 minutes and record your standing BP. Take the standing BP away from your sitting BP. If your standing systolic BP (upper number) is more than 20 below your sitting systolic BP or if your if your standing diastolic BP (lower number) is more than 10 below your sitting diastolic BP then you have something called “postural hypotension”. This is not a major problem in most cases but it means all future BP readings for the home averages should be taken after 3 minutes of standing up.

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	A: Sitting BP	B: Standing BP	Take the standing BP away from the sitting BP and write the result below
Systolic (upper number)			
Diastolic (lower number)			
Heart rate			

We realise this might get a bit confusing! If you feel confused don't panic! Please write down your sitting and standing BP and call our admin team who will be able to help or book a BP check up with one of our health care assistants who can get you on the right track (if you book a BP check at the surgery please bring your own machine and we can help ensure it is fitted properly).

Remember: if your BP drops significantly on standing up all future BP readings on the next page should be taken standing up.

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When doing home BP readings check your BP twice in the morning and twice in the evening for 7 days. If you miss a day or a reading don't worry just try and do your best to get twice daily readings. If you miss a few readings do 8 or 9 days of checks.

Day	BP morning 1	BP morning 2	BP evening 1	BP evening 2
Example	134 / 89	132 / 91	156 / 95	149 / 89
Day 1	/	/	/	/
Day 2	/	/	/	/
Day 3	/	/	/	/
Day 4	/	/	/	/
Day 5	/	/	/	/
Day 6	/	/	/	/
Day 7	/	/	/	/
Day 8 (if needed)	/	/	/	/

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Day 9 (if needed)	/	/	/	/
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Sending the information in

If you are happy with how to do averages please average all your BP readings from day 2 onwards. Average your systolic readings and diastolic readings separately and write the answer below. If you have any uncertainty around doing averages please just send it on in to your GP surgery and they will be able to average this for you.

Your Average BP: /

You can drop this in to your GP surgery in an envelope, post it in or email it if you know their email address.