

## HOME BLOOD PRESSURE (BP) READINGS

PATIENT'S NAME .....

ADDRESS .....

DATE OF BIRTH .....

Please tick the box if you have used an automated blood pressure machine

For most patients average BP at home should be:

⇒ below 135/85 mmHg if aged under 80 years,

or

⇒ below 145/85 mmHg if aged 80 years and over.

**WE WILL ONLY CONTACT YOU IF YOUR BP REQUIRES INTERVENTION.**

DATE	BP AM— 1st reading	BP AM— 2nd reading	BP PM— 1st reading	BP PM— 2nd reading	NOTES (e.g. medication changes, feeling unwell —please give symptoms)

### PLEASE FOLLOW THE INSTRUCTIONS BELOW TO ENSURE ACCURACY AND CONSISTENCY OF YOUR HOME BP READINGS:

1. Rest and relax for at least five minutes. Make sure you do not need to use the toilet (checking your blood pressure with a full bladder can significantly alter the readings). Do not smoke, have a drink containing caffeine or exercise for 30 minutes before you take your blood pressure.
2. Always measure your blood pressure in the same arm. No tight or restrictive clothing should be worn around the arm.
3. Take the measurements when sitting comfortably, with your arm supported and at heart level. Do not cross your legs as this can raise your blood pressure.
4. **Take two readings (leaving at least a 1 minute gap between them) and record both.** (If the first two readings you take are very different, take 2 or 3 further readings and record them in the Notes box or on the back of the form, clearly stating the date and time of day they were taken.

**Please take readings AM and PM for 4 consecutive days.**

#### STAFF USE ONLY

AF diagnosis on EMIS? YES/NO

Target BP recorded on EMIS: ..... Average BP:.....