

# PATIENT HOME BLOOD PRESSURE MONITORING – RECORD CHART

Complete and task ☐

Date completed.....

PATIENT NAME:

DATE OF BIRTH:

Directions for Patient:

- Take all blood pressure reading while seated with your feet on the floor and legs uncrossed
- Ensure your arm is rested on a flat surface around chest level
- Avoid measuring blood pressure after vigorous activity, exercise or directly after eating as this will increase the values
- Take 2 measurements in the morning (at least 1 minute apart) and 2 in the evening (at least 1 minute apart)
- Record the information in the table below and return to the Practice Nurse.

BLOOD PRESSURE	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
MORNING 1st							
MORNING 2nd							
AFTERNOON 1st							
AFTERNOON 2nd							

**For Healthcare Professional Use Only** (note: Discard Day 1 readings)

TOTAL SYSTOLIC

Divide by Number of readings  
i.e. 24

AVERAGE SYSTOLIC

TOTAL DIASTOLIC

**24**

AVERAGE DIASTOLIC

