**Home Blood Pressure Monitoring Diary**

Patient Instructions:

1. In the morning sit in a chair comfortably upright with your arm supported beside you, with both feet on the ground.
2. Put the cuff on your upper arm (5cm above your elbow) resting on the arm of a chair or a table, the cuff should be roughly at the level of your heart.
3. Press the on/start button on the BP monitor and take two readings at least 1 minute apart.
4. Record the readings below with your pulse rate and any comments.
5. Don’t record the first day of readings (as this was when you were getting used to the monitor) and so we’ll calculate an average of the remaining readings.
6. Repeat that evening & for a total of 7 days. If you miss a day then just carry on measuring for a day or two more.
7. When you have filled in all the pink boxes return this diary (& BP monitor if borrowed) to the surgery.
8. You can email the form to this address:
9. There is a list of validated home blood pressure monitors here: https://bihsoc.org/bp-monitors/for-home-use/

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Day  e.g. | AM / PM  AM | 1st BP reading (mmHg)  Systolic / Diastolic  152 90 | | 1st pulse  (beats/min)  68 | 2nd BP reading  (mmHg)  Systolic / Diastolic  145 72 | | 2nd pulse  (beats/min)  60 | Comments  Watching tv |
| 1 | AM |  |  |  |  |  |  |  |
| PM |  |  |  |  |  |  |  |
| 2 | AM |  |  |  |  |  |  |  |
| PM |  |  |  |  |  |  |  |
| 3 | AM |  |  |  |  |  |  |  |
| PM |  |  |  |  |  |  |  |
| 4 | AM |  |  |  |  |  |  |  |
| PM |  |  |  |  |  |  |  |
| 5 | AM |  |  |  |  |  |  |  |
| PM |  |  |  |  |  |  |  |
| 6 | AM |  |  |  |  |  |  |  |
| PM |  |  |  |  |  |  |  |
| 7 | AM |  |  |  |  |  |  |  |
| PM |  |  |  |  |  |  |  |
| Average | |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Patients**, please ensure there is an entry in all the red boxes  **Clinicians**, if using this form electronically, within Word, you can get the average calculated automatically. Right click from within the green average boxes, and select **Update Field.**  It may not work if there is missing data in the pink columns. | | | | | | | | |

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