**Home Blood Pressure Monitoring**

Pt Name: D.O.B:

NHS Number:

When using home blood pressure monitoring to confirm a diagnosis of hypertension, ensure that:

* For each blood pressure recording, two consecutive measurements are taken, at least 1 minute apart and with the person seated **and**
* Blood pressure is recorded twice daily, ideally in the morning and evening **and**
* Blood pressure recording continues for at least 4 days, ideally for 7 days.

Discard the measurements taken on the first day and use the average value of all the remaining measurements to confirm a diagnosis of hypertension.

**Reason for monitoring (please circle): Diagnosis/monitoring of diagnosed patient**

**Please circle: On treatment/not currently on treatment**

Blood pressure readings.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day 1 | 1st AM | 2nd AM | 1st PM | 2nd PM  |
| Day 2 | 1st AM | 2nd AM | 1st PM | 2nd PM |
| Day 3 | 1st AM | 2nd AM | 1st PM | 2nd PM |
| Day 4 | 1st AM | 2nd AM | 1st PM | 2nd PM |
| Day 5 | 1st AM | 2nd AM | 1st PM | 2nd PM |
| Day 6 | 1st AM | 2nd AM | 1st PM | 2nd PM |
| Day 7  | 1st AM | 2nd AM | 1st PM | 2nd PM |

Average last 24 readings =