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| **HOME BLOOD PRESSURE CHART** |
| Name: | Date of Birth: |
| FAO Testvale Surgery | SCAN TO NOTES OF PATIENT: SCAN TO DOCMAN OF CLINICIAN : |
| * Measure from the upper arm using an accurate device. It is very important that your arm is supported on a table, with a small cushion if necessary and that the cuff around your arm is at the same level as your heart.
* Take your blood pressure a quiet place whilst seated, wearing short sleeved or loose fitting clothing with your arm and back supported, legs uncrossed and whilst you are not talking -talking and crossed legs increase blood pressure.
* Always use the same arm.
* Take two readings, at least a minute apart, morning and evening for 7 days recording the lower of the two readings onto the BP log sheet. If you need to, write any useful comments in the box provided.
* Once you have completed 7 days of measurements and added your name and date of birth, please hand to your doctor or reception.
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|  |  | SYSTOLIC (Upper number) | DIASTOLIC (lower number) | COMMENTS  |  | SYSTOLIC (Upper number) | DIASTOLIC (lower number) | COMMENTS  |
| 1 | AM |  |  |  | PM |  |  |  |
| 2 | AM |  |  |  | PM |  |  |  |
| 3 | AM |  |  |  | PM |  |  |  |
| 4 | AM |  |  |  | PM |  |  |  |
| 5 | AM |  |  |  | PM |  |  |  |
| 6 | AM |  |  |  | PM |  |  |  |
| 7 | AM |  |  |  | PM |  |  |  |
| AVERAGE | AM |  |  |  | PM |  |  |  |
| COMMENTS:  |



**Blood Pressure Targets**

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| Primary Hypertension | ≤ 140/90 (≤ 135/85 HBPM)If aged over 80 years: ≤ 150/90 |
| CVD | ≤ 140/90  |
| Diabetes  | ≤ 140/80If eye, kidney or cerebrovascular complications: ≤ 130/80 |
| CKD | 120 – 139/≤ 90 If ACR ≥70: 120 – 129/≤ 80 |