**Home Blood Pressure Monitoring Diary**

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| --- |
| Name: |
| DOB: |
| NHS Hospital Number: |
| Target Blood Pressure: Lower than …………/……….. mmHg |
| Arm used: Left [ ]  Right [ ]  |
| Make/Model of monitor:Recommended monitors can be found [here.](https://bihsoc.org/bp-monitors/for-home-use/) |
| Cuff Size: Small [ ]  Medium [ ]  Large [ ]  |
| GP Name: |
| GP Telephone: |
| GP Email Address: |
| Medication list: |

**What is home blood pressure monitoring?**

Home blood pressure monitoring is when you self-check blood pressure readings in the comfort of your home environment using a British Hypertension Society- accredited blood pressure monitor (*https://bihsoc.org/bp-monitors/for-home-use/*).

**What is blood pressure?**

Blood pressure is the pressure of blood in your arteries e.g. 140/90mmHg. The first number occurs when your heart beats and pushes blood around your body and second number occurs when your heart relaxes and fills with blood[5].

**What is high blood pressure?**

High blood pressure usually has no symptoms which is why it is important to have regular checks and know your blood pressure readings.

If your blood pressure is consistently above 140/90, this is hypertension, and can lead to an increased risk of having a stroke or heart attack, if not managed with medication and lifestyle changes. It is also a risk factor for kidney disease, dementia and other illnesses, but high blood pressure can be successfully treated.

**Why is it important?**

Measuring and recording your blood pressure at home while you go about your everyday life helps to give you and your doctor a more accurate picture of your blood pressure over time[1].

This may help your doctor decide whether you have high blood pressure or not, decide if medication is required and how well medication and lifestyle changes are working. It can also tell your doctor if there is anything to be investigated further[1].

**How often should it be done?**

Your doctor, nurse or pharmacist will be able to provide advice about how often you should monitor your blood pressure. If you check your blood pressure for 3 consecutive days, this should give an accurate picture, however you may be asked for 7 consecutive days if your blood pressure is close to a treatment or diagnostic target.6

Each day, you should monitor your blood pressure once in the morning (between 6am and 12noon) and once in the evening (between 6pm and midnight). Try to take the readings at the same time every day to ensure consistency. Each time you measure your blood pressure, take a minimum of two readings, leaving at least one minute between each. If the first two readings are very different, then you should take 2 or 3 further readings[1].

Please note that you do not need to check your blood pressure more often than advised or become stressed and worried about your readings, as this could in fact make your blood pressure higher[1].

**Do I need to write anything down?**

Yes. It is helpful to keep a blood pressure diary, clearly documenting all your blood pressure readings, if you have had medications before or after and if you are feeling unwell[1]. *(****see example table below****)*

**What to do with the information?**

**High readings?**

Consult your healthcare professional if you get several high readings.  A single high reading of blood pressure is not an immediate cause for alarm. However, if you get a high reading, take your blood pressure on several more occasions:

* If your readings are consistently above 140/90, you can discuss this with your practice nurse or GP.
* When blood pressure is **more than 180/110** despite rechecking it several times, this is quite high, and it is usually best to see your practice nurse or GP **the same day**.

**Low readings?**
People with a reading of around 100/60 or lower are generally considered to have low blood pressure. Low blood pressure can sometimes cause dizziness. If you are on treatment to lower your blood pressure, have readings below 100/60 and feel dizzy, you should talk to your practice nurse or GP about reducing your medication.

It is also important to think about low blood pressure when you are feeling ill. If you are on treatment to lower your blood pressure and feeling ill, you can sometimes get dehydrated. Conditions like sickness and diarrhoea can cause dehydration. Dehydration can result in low blood pressure and dizziness, and it can affect your kidneys. It is worth speaking to your GP if this affects you as it might be sensible to reduce some of your blood pressure medicine until your blood pressure returns to normal and you are no longer dehydrated[4].

**Please see this table as a guide:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Time** | **Body Position (e.g. sit/lie)** | **Time of taking medication** | **Systolic BP** | **Diastolic BP** | **Symptoms and/or comments** |
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**What lifestyle changes can make a difference to blood pressure?**

There isn’t always an explanation for the cause of high blood pressure, but you can help reduce your risk by:

* being more active (aim for 30 minutes on 5 days per week)
* losing weight if you need to (weight reduction can lower blood pressure)
* reducing salt in your diet (eat less than 6g per day)- check food labels and do not add salt to your food
* drinking less alcohol (NHS guidance: keep to <14 units per week)
* quitting smoking (reduces your risk of a heart attack or stroke)
* eating more fruit and vegetables (at least 5 portions per day)
* eat less saturated fat (a low-fat diet and healthy cholesterol level help to keep your heart happy)
* taking your medication (report any side effects or issues to your pharmacist/doctor before stopping)

**References and sources of further information:**

[1] British Society of Hypertension and National Institute for Health Research. “Home Blood Pressure Monitoring Explained.” British Society of Hypertension, This Resource is a Joint Production of the NIHR Collaboration for Leadership in Applied Health Research and Care (CLAHRC) Greater Manchester and the British Hypertension Society, 201, [bihsoc.org/wp-content/uploads/2017/09/Home\_blood\_pressure\_monitoring\_explained.pdf](file:///C%3A%5CUsers%5CRHowatson%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CTemporary%20Internet%20Files%5CContent.Outlook%5CUXU7RADR%5Cbihsoc.org%5Cwp-content%5Cuploads%5C2017%5C09%5CHome_blood_pressure_monitoring_explained.pdf)

[2] British Society of Hypertension - <https://bihsoc.org/resources/bp-measurement/hbpm/>

[3] NHS England Hypertension Website - <https://www.nhs.uk/conditions/high-blood-pressure-hypertension/>

[4] Bradford’s Healthy Hearts Website- <http://www.bradfordshealthyhearts.co.uk/blood-pressure>

[5] Happy Hearts Flier -<http://www.champspublichealth.com/sites/default/files/media_library/Job_000761_Happy%20Hearts%20Z%20Card%20FINAL.pdf>

[6] Schedules for self-monitoring blood pressure: a systematic review; [Am J Hypertens](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6420684/). 2019 Mar; 32(4): 350–364. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6420684/>

[7] Information on self-isolation procedures can be found here - <https://www.nhs.uk/conditions/coronavirus-covid-19/>