

**Automated or Self-Monitoring or BP**

* Measure from the upper arm, using accurate device (The British Hypertensive Society has a list of validated devices <http://bhsoc.org/bp-monitors/bp-monitors/for-home-use/>)
* Take measurement whilst seated, with you back and arms supported, uncrossed legs, no talking whilst taking measurement
* Measure BP in both arms and if a consistent difference of greater than 20mmHg then always use the arm with the higher reading
* Take two readings at least a minute apart, morning and evening, over seven days
* Bring the completed sheet back to the surgery

**NAME**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date of Birth**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ADDRESS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **DATE** | **MORNING FIRST READING** | **MORNING SECOND READING** | **EVENING FIRST READING** | **EVENING SECOND READING** |
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| **Average Reading** |  |