

SANDY LANE SURGERY

PATIENT 7 DAY BLOOD PRESSURE MONITORING FORM

Name:

D.O.B:

Date record began.....

Notes to patients:

Please measure your blood pressure twice consecutively (at least 1 minute apart), in the morning & evening for 7 days and record all the readings on the table below. Please then hand-in the record to reception. Once the doctor has looked at your readings you will be notified of the appropriate action to take, (such action could include a nurses/doctor's appointment, medication changes etc.)

Measure your blood pressure whilst sat back, relaxed in a chair with the arm you are using for blood pressure measurement outstretched and supported on the chair arm or table. Try to avoid crossing your legs or talking whilst having your blood pressure taken.

You can find a list of validated British Hypertension Society recommended blood pressure machines at www.bhsoc.org (arm cuff machines are desirable)

	am - BP (1)	am - BP (2)	pm - BP (1)	pm - BP (2)
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Average BP, days 2-7:

(Total for each systolic & diastolic readings divided by 24)