HOME BLOOD PRESSURE MONITORING

Why Am I Being Asked to Perform This?

In 2012 NICE (the national institute for clinical excellence) published guidelines relating to the over-treatment of blood pressure (BP) based purely on surgery readings. They suggested that there may be a role in some circumstances for either 24 hour BP monitoring or home BP monitoring to be performed so as to avoid this. Your Doctor may therefore ask you to perform home monitoring to assess whether your BP is correctly controlled.

How Do I Know Whether My Home BP Monitor is Giving the Correct Readings?

Many trials have now been performed with various brands of home BP monitor and all have been shown to be accurate for monitoring purposes. The exception to this is any BP monitor that takes the BP at the wrist and these types of machine should be avoided. Even the cheapest upper arm BP monitors are perfectly acceptable for this process.

How Should I Perform Home Monitoring?

1. Perform readings daily for the five days prior to coming back to see the doctor.
2. On each day take two readings at rest, a minute apart, and write both of these readings down.
3. This should be done in the morning and in the evening at the same time each day. The actual time that the readings are taken is not important.
4. At the end of the 5 days you should therefore have 20 different readings.
5. Once the readings have been obtained you should discard the readings taken on the first day and calculate the average BP for the remaining 4 days so that you can give this figure to the doctor when you are next seen along with all the individual readings.

How Do I Calculate an Average BP?

Your BP reading is normally given as a higher figure on the top and a lower figure on the bottom, for example, 120/80.

You need to calculate the average of each of the numbers.

If you have followed the instructions above you will have 16 different BP readings. Simply add all of the top numbers together and divide by 16. The same process can be done for the bottom numbers.

For home monitoring a normal average BP would be less than 135/85.

If you would find it helpful a BP recording chart is attached that can be used for this process.

NAME……………………………………………………………..

DATE OF BIRTH……………………………………………….

Requested by Doctor………………………………………

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1st Morning BP Reading | 2nd Morning BP Reading (1minute later) | 1st Evening BP Reading | 2nd Evening BP Reading (1minute later) |
| Day 1  (To be ignored when calculating average) |  |  |  |  |
| Day 2 |  |  |  |  |
| Day 3 |  |  |  |  |
| Day 4 |  |  |  |  |
| Day 5 |  |  |  |  |
|  |  |  | Average BP  (Add upper numbers and divide by 16, then add bottom numbers and divide by 16) |  |