

Freshwell Health Centre - Blood Pressure Recording

This document has been designed to help find your average blood pressure reading over a number of days. Save this document to your computer, then open the document and click 'fill & sign' on the right hand side to add your first blood pressure reading.

Please follow the below guidance for taking your blood pressure at home:

1. In the morning, ensure that you are rested and have taken no exercise in the last 30 minutes.
2. Then sit in a chair comfortably upright with your arm supported on a table beside you, with both feet flat on the ground.
3. Put the cuff on your upper arm (5cm above your elbow) resting on the table, the cuff should be roughly at the level of your heart.
4. Press the on/start button on the BP monitor and take two readings at least 1 minute apart.
5. Record the readings with your pulse rate and any comments, remembering to save the document.
6. Repeat that evening & for a total of 7 days using alternate arms.

Once complete email the document to freshwell.administration@nhs.net

To help you understand the difference between systolic and diastolic readings think of them as top and bottom numbers. A reading of 120/80 would have a systolic 120 and diastolic 80.

Please only complete columns A B C D.

Name					DOB		
Address							
Contact Number							
	A	B	C	D			
	Date	Reading	Systolic	Diastolic	avg systolic	avg diastolic	
First Day		a.m.1					
		a.m.2					
		p.m.1					
		p.m.2					
Second Day		a.m.1					
		a.m.2					
		p.m.1					
		p.m.2					
Third Day		a.m.1					
		a.m.2					
		p.m.1					
		p.m.2					
Fourth Day		a.m.1					
		a.m.2					
		p.m.1					
		p.m.2					
Fifth Day		a.m.1					
		a.m.2					
		p.m.1					
		p.m.2					
Sixth Day		a.m.1					
		a.m.2					
		p.m.1					
		p.m.2					

When completed please return by email to freshwell.administration@nhs.net