

Home Blood Pressure Monitoring

Name:

Date of Birth:

NHS Number:

GP :

Date Commenced:

	Morning 1 st Reading	Morning 2 nd Reading	Afternoon 1 ST Reading	Afternoon 2 nd Reading
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				

Average Reading:
(To be calculated by the HCA)

Ensure that:

- For each blood pressure recording, two consecutive measurements are taken, at least one minute apart and with the person seated.
- Blood pressure is recorded twice daily; ideally in the morning and evening.
- Blood pressure recording continues for at least four days, ideally for seven days.