**The Orchard Partnership**

**Blood Pressure Self-Monitoring**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you are purchasing your own blood pressure (BP) monitor please purchase a validated, above elbow BP monitor from your pharmacist

If you are borrowing a BP monitor, please note there is a refundable £10 cash deposit that will be returned to you when you return the BP monitor. If you fail to return the BP monitor the deposit will become non-refundable at 5 weeks from today’s date.

Please take two blood pressure readings, at least one minute apart, twice a day for seven days and record them in the table below.

When taking readings make sure you are seated with your back supported, your legs uncrossed and that you are not talking (talking and crossing your legs can increase the BP readings).

Wrap the cuff around the upper arm. Please make sure that the arm that the cuff is around is supported (e.g. resting on a table).

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| **1st am reading** |  |  |  |  |  |  |  |
| **2nd am reading** |  |  |  |  |  |  |  |
| **1st pm reading** |  |  |  |  |  |  |  |
| **2nd am reading** |  |  |  |  |  |  |  |

Next calculate the average using the instructions below:

Ignore the Day 1 readings, then calculate an average of all the top readings and all the bottom readings for Days 2 to 7.

**Average BP reading =**

Now hand this form (and the BP machine if you were lent one) back into the surgery and we contact you to let you know what happens next. Thank you!