

Home Blood Pressure Monitoring

Please tick one-

- Ongoing BP monitoring (already on treatment)
- Possible new diagnosis of raised blood pressure
- Monitoring in diabetes

To help us assess you please could you answer a few questions before returning the form.

What is your ethnicity?

- | | |
|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> White – English/Welsh/Scottish/North Irish <input type="checkbox"/> White – Irish <input type="checkbox"/> White - Traveller <input type="checkbox"/> White – Any other <input type="checkbox"/> Asian or Asian British – Bangladeshi <input type="checkbox"/> Asian or Asian British – Chinese <input type="checkbox"/> Asian or Asian British – Indian <input type="checkbox"/> Asian or Asian British – Pakistani <input type="checkbox"/> Asian or Asian British – other <input type="checkbox"/> Black or African or Caribbean or Black British – African <input type="checkbox"/> Black or African or Caribbean or Black British – Caribbean | <ul style="list-style-type: none"> <input type="checkbox"/> Black or African or Caribbean or Black British – Other <input type="checkbox"/> Mixed multiple ethnic groups – White and Asian <input type="checkbox"/> Mixed multiple ethnic groups – White and Black African <input type="checkbox"/> Mixed multiple ethnic group – White and Black Caribbean <input type="checkbox"/> Mixed multiple ethnic groups – Other <input type="checkbox"/> Other ethnic group – please specify |
|---|--|

Weight (kg or stone/lbs)	
Height (metre/cm or feet/inches)	
Do you smoke? If so what and how many per day?	YES NO
Does anyone in your family have a history of heart attacks or angina before they were 60? if yes who? And how old were they at diagnosis?	YES NO
How many units of alcohol do you drink each week?	

After completion please hand in to reception. We will then contact you regarding any further tests needed within one week.

Do...

- ♥ Take sets of BP readings at intervals recommended by your doctor or nurse.
- ♥ Take two readings more than one minute apart every morning and evening for 7 days.
- ♥ Use an upper-arm BP machine with the correct cuff size.
- ♥ Be seated, rested and relaxed. If this is not possible, skip that pair of readings.
- ♥ Have the cuff at the same level as your heart (the middle of your chest).
- ♥ Let your doctor or nurse know if you have any problems with your treatment.

Don't...

- ♥ Measure your BP frequently at other times – your body becomes used to it and you'll get artificially low readings.
- ♥ Use a wrist BP machine – they are less accurate.
- ♥ Talk during a reading – it puts up your BP.
- ♥ Cross your legs – that also puts up your BP.
- ♥ Ignore a reading you don't like – write them *ALL* down! Your BP goes up and down anyway: it's the average that counts.
- ♥ Alter your treatment before discussing it with your doctor or nurse.

Your name: _____ Date started: _____

Day	Time	Reading 1		Reading 2	
		BP	Pulse	BP	Pulse
1	Morning	/		/	
	Evening	/		/	
2	Morning	/		/	
	Evening	/		/	
3	Morning	/		/	
	Evening	/		/	
4	Morning	/		/	
	Evening	/		/	
5	Morning	/		/	
	Evening	/		/	
6	Morning	/		/	
	Evening	/		/	
7	Morning	/		/	
	Evening	/		/	

[for office use-Average BP /]