BartsBP
Centre of Excellence

Home BP

Home BP checklist

Validated upper arm monitor   https://bihsoc.org/bp-monitors/for-home-use/

Where to purchase?   https://giftshop.bhf.org.uk/blood-pressure-monitors

Correct cuff size   **https://targetbp.org/patient-measured-bp/implementing/smbp-selecting-the-right-cuff-size/**

Which arm to use?   **Unless you have been told otherwise, use the arm you DO NOT WRITE WITH**

Guide to measurement of home BP

https://www.bhf.org.uk/informationsupport/heart-matters-magazine/medical/tests/blood-pressure-measuring-at-home#Heading3

Most monitors record **3** numbers:
- The top number is the **systolic blood pressure** (SBP)
- The next number is the **diastolic blood pressure** (DBP)

Both of these numbers are equally important.
- If your monitor records a 3rd number, this is **heart rate** (HR).

You will be asked to measure 3 readings each time, both in the morning before your medicines and in the evening (also before your medicines if you take any in the evening).

Your evening BP readings should be at least 1 hour after your dinner as well

You need to find 10 minutes when you will not be disturbed and are not doing anything else (like talking or using your phone).

- You only need to wait 1 minutes between each reading.
- Find an undisturbed, quiet place and attach the BP cuff to your arm.
- The cuff should be at approximate nipple/heart height, with your arm supported on a table or in your lap.
- Sit upright in chair with your back supported and with feet flat on floor, legs uncrossed.
- Stay relaxed for approximately 5 minutes.
- Press the START or ON button on your machine (some machines require you to press the button again to start the cuff inflation).
- Try not to look at the machine whilst the cuff is being inflated.
- Once the cuff is fully deflated, write down all the numbers recorded into the home BP table overleaf.
- Press the START or ON button again to record the 2nd reading and write down the numbers once the cuff is deflated and the same for your 3rd reading.

*You may prefer to create your own electronic spreadsheet

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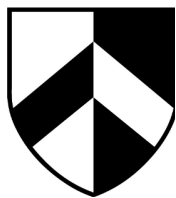
Example:

Date/Time	SBP	DBP	HR	Date/Time	SBP	DBP	HR
Day 1 7 AM	164	94	56	Day 1 8 PM	154	89	65

Morning	SBP	DBP	HR	**Evening**	SBP	DBP	HR
Day 1 AM				Day 1 PM			
Day 1 AM				Day 1 PM			
Day 1 AM				Day 1 PM			
Day 2 AM				Day 2 PM			
Day 2 AM				Day 2 PM			
Day 2 AM				Day 2 PM			
Day 3 AM				Day 3 PM			
Day 3 AM				Day 3 PM			
Day 3 AM				Day 3 PM			
Day 4 AM				Day 4 PM			
Day 4 AM				Day 4 PM			
Day 4 AM				Day 4 PM			
Day 5 AM				Day 5 PM			
Day 5 AM				Day 5 PM			
Day 5 AM				Day 5 PM			