



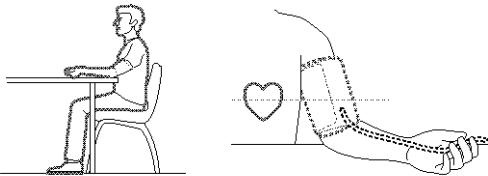
Home Blood Pressure Monitoring Patient Instructions

Thank you for collecting the Omron device for blood pressure recording. Please ensure this is returned to SPH in 9 days time, ie after you have completed a weeks worth of readings. Start collecting the results tomorrow and record the results on the chart on the next page.

To help ensure a reliable reading, avoid eating, smoking, or exercising for at least 30 minutes before taking a measurement. Remove any tight-fitting clothing from your upper arm.

Please print the form below and complete as per the instructions below.

1. Sit on a chair with your feet flat on the floor and place your arm on a table so that the arm cuff will be at the same level as your heart.

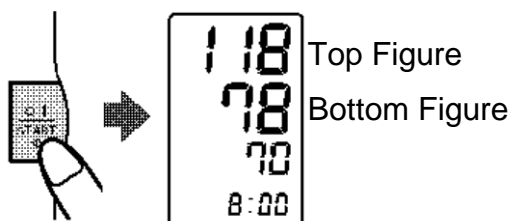


2. Apply the arm cuff to your upper arm. The coloured marker should be centred on the inside of your arm and point down the inside of the arm, so that the air tube runs down the inside of your forearm and is in line with your middle finger.

3. Secure the cuff around your arm using the fabric fastener strip, ensure that your arm is supported by the table and completely relaxed.

4. Press the O/I START button, ensure that you are relaxed

When measurement is complete, the monitor displays your blood pressure and pulse rate, and automatically deflates the cuff.



Please contact the Surgery 5 working days after you have returned your readings, if you have not been contacted. Your Doctor will have left a message for you.

Blood Pressure Readings Collection Sheet

Patient Name:

Patient DOB:

- Take readings in the morning and in the evening
- record two readings on each occasion, a minimum of one minute apart
- perform recordings for 7 days
- Add the total of each row and record in the last 2 columns
- Add the total of each of the last two columns

Date of the first day of recording started:

Day	Morning		Evening		Row Total Top	Row Total Bottom
1	Top figure	Top Figure	Top Figure	Top Figure		
	Bottom Figure	Bottom Figure	Bottom Figure	Bottom Figure		
2	Top Figure	Top Figure	Top Figure	Top Figure		
	Bottom Figure	Bottom Figure	Bottom Figure	Bottom Figure		
3	Top Figure	Top Figure	Top Figure	Top Figure		
	Bottom Figure	Bottom Figure	Bottom Figure	Bottom Figure		
4	Top Figure	Top Figure	Top Figure	Top Figure		
	Bottom Figure	Bottom Figure	Bottom Figure	Bottom Figure		
5	Top Figure	Top Figure	Top Figure	Top Figure		
	Bottom Figure	Bottom Figure	Bottom Figure	Bottom Figure		
6	Top Figure	Top Figure	Top Figure	Top Figure		
	Bottom Figure	Bottom Figure	Bottom Figure	Bottom Figure		
7	Top Figure	Top Figure	Top Figure	Top Figure		
	Bottom Figure	Bottom Figure	Bottom Figure	Bottom Figure		
				Total of row total top	Total S	
				Total of row total bottom		Total D

Admin / Post Admin add figures and perform the maths before passing to Dr. Check patients maths

Total S ÷ 24 = Code via template – average home systolic

Total D ÷ 24= Code via template – average home diastolic

Pass to requesting clinician's incoming post - Clinician to add comment to patient records.