



THE ADAM PRACTICE

Home Blood Pressure Monitoring

Patient Name		Date of Birth	
NHS Number		Today's date	

- When you are recording blood pressures, sit down and ensure your arm is supported, ideally on a pillow.
- Please take blood pressure readings twice daily, ideally in the morning and in the evening in the same arm. Preferably resting for 5 minutes before.
- Each time you perform a blood pressure recording take two consecutive readings at least one minute apart.

Day	Date	Time	1st Blood Pressure (mmHg)	2 nd Blood Pressure (mmHg)
EXAMPLE	29/12/2023	AM	137/84	142/90
		PM	149/92	152/90
Day 1		AM	/	/
		PM	/	/
Day 2		AM	/	/
		PM	/	/
Day 3		AM	/	/
		PM	/	/
Day 4		AM	/	/
		PM	/	/
Day 5		AM	/	/
		PM	/	/
Day 6		AM	/	/
		PM	/	/
Day 7		AM	/	/
		PM	/	/

How to calculate your Average Blood Pressure:

Ignore the first day of readings (as this was when you were getting used to the monitor) and take an average of the 2nd remaining readings (grey boxes).

Add up all the top systolic blood pressures & divide by the number of blood pressures done (12), then repeat with the bottom diastolic blood pressures. If you do not feel comfortable doing this leave this section and we will calculate the average for you.

Average	/
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Next steps

Please submit this paper form into Reception. Alternatively, you may submit your readings via SystemOnline or Airmid, using the 'Blood Pressure Monitoring' Questionnaire. If follow up is required, we will inform you of an appointment.