

# Home Blood Pressure Monitoring Worksheet\*

NAME \_\_\_\_\_

MEDICATION LIST								
NAME OF DRUG			STRENGTH			FREQUENCY		
BLOOD PRESSURE MONITORING								
DAY	MORNING		MID-DAY		SUPPER		BEDTIME	
	SBP DBP	PULSE	SBP DBP	PULSE	SBP DBP	PULSE	SBP DBP	PULSE
<b>WEEKLY AVERAGE</b>								

6010

*Abbreviations: SBP: systolic blood pressure; DBP: diastolic blood pressure*

Blood pressure is not constant. Many factors will cause your blood pressure to vary significantly over the course of the day, such as exertion, stress and medications. Since most people tend to have higher blood pressure in the doctor's office, using only office readings may overestimate both your overall blood pressure and your need for medication.

Checking your blood pressure outside of the doctor's office will greatly assist your doctor in determining if a problem truly exists and to evaluate the effectiveness of any medication, should that prove necessary. When using the home blood pressure monitor you should be comfortably sitting upright, with back support, and with the muscles of your arms and legs relaxed.

Once you have applied the cuff to your arm, distract yourself by watching TV or reading, for a couple of minutes, before you activate it. Write the blood pressure and pulse (heart rate) into the chart above. If you have the time and the inclination, average out the data you have collected e.g. 144/92, 153/88, 137/77 and 150/95 in the morning column give a morning average of 146/88 since  $(144+153+137+150)/4=146$  and since  $(92+88+77+95)/4=88$ .

\* Reproduced with permission from Dr. Scott Garrison, M.D.