

The Peninsula Practice Home BP Monitoring Form

Name:	
Date of Birth:	
NHS Number:	

Information for Patients:

When using Home BP Monitoring to confirm a diagnosis of hypertension, ensure that:

- for each blood pressure recording, two consecutive measurements are taken, at least 1 minute apart and with the person seated and
- blood pressure is recorded twice daily, ideally in the morning and evening and
- blood pressure recording continues for at least 4 days, ideally for 7 days.

Aim for a target average blood pressure during the person's usual waking hours of:

- Below 135/85 mmHg for people aged under 80 years
- Below 145/85 mmHg for people aged 80 years and over.

Date	Morning Reading 1	Morning Reading 2	Evening Reading 1	Evening Reading 2

For OFFICE USE

Discard the measurements taken on the first day and use the average value all of the No 2 readings to confirm a diagnosis of hypertension.