**THE WATERLOO PRACTICE**

 Wakefield Road

 Waterloo, Huddersfield HD5 9XP

 Tel: 01484 500977

 **HOME LOAN BLOOD PRESSURE DIARY**

|  |  |
| --- | --- |
|  | **NAME:** |
|  | **DATE** | **DAY** | **TIME** | **AM READING** | **TIME** | **PM READING** |
| **1** |  |  |  | **/** |  | **/** |
| **2** |  |  |  | **/** |  | **/** |
| **3** |  |  |  | **/** |  | **/** |
| **4** |  |  |  | **/** |  | **/** |
| **5** |  |  |  | **/** |  | **/** |
| **6** |  |  |  | **/** |  | **/** |
| **7** |  |  |  | **/** |  | **/** |

**NEXT APPOINTMENT WITH NURSE: @ CHECKED BY:**

|  |
| --- |
|  |
| **Nurse to complete:** | **Totals:** | **/** | **Average:** | **/** |

**Home Blood Pressure Monitoring Form**

Patient Instructions:

 1. In the morning, ensure that you are rested and have taken no vigorous exercise in the last 30 minutes.

 2. Then sit in a chair comfortably upright with your arm supported on a table beside you, with both feet on the ground.

 3. Put the cuff on your upper arm (5cm above your elbow) resting on the table, the cuff should be roughly at the level of your heart.

 4. Press the on/start button on the BP monitor and take two readings at least 1 minute apart.

 5. Record the readings below with your pulse rate and any comments.

 6. Repeat that evening & for a total of 7 days using alternate arms. Then return this diary (& BP monitor if borrowed) to the surgery.