

Camphill Medical Practice, Murtle Estate, Bieldside AB15

Tel: 0345 375 2020 Email: gram.camphillclinical@nhs.scot

Home Blood Pressure Diary

Name:	DOB:	
CHI number if known	Blood pressure monitors can be purchased from pharmacies. Click here for a list of	
Current weight:	Height:	clinically validated monitors at https://bihsoc.org/bp-monitors/for-home-use.
Arm used: Left Right		Alternatively, call us if you need borrow one from the practice for a week.
Make/Model of monitor used:		Size of cuff: Small Medium Large

Please monitor and record your blood pressure at home for 7 consecutive days (unless you have been advised otherwise). On each day, monitor your blood pressure on two occasions- in the morning (between 6am and 12noon) and again in the evening (between 6pm and midnight).

On each occasion take a minimum of two readings, leaving at least a minute between each. If the first two readings are very different, take 2 or 3 further readings.

Use the table below to record all of your blood pressure readings. The numbers you write down should be the same as those that appear on the monitor screen- <u>do not</u> round the numbers up or down. In the comments section, you should also write down anything that could have affected your reading, such as feeling unwell or changes in your medication.

Indicate when you have eaten and taken medication. For information about taking your blood pressure, please read the 'Home Bloood Pressure Monitoring Explained' leaflet.

Remember to write your name and date of birth at the top and send this diary to the practice via post or gram.camphillclinical@nhs.scot

Day	Date	Time	Systolic BP	Diastolic BP	Pulse/ Heart Rate	Notes
	e.g. 7/10/13	036 am	142	90		Felt a abit dizzy when I woke up
1	c.g. 7/10/10	Joo am	172	30		Day 1 excluded from average calculation
1						Day i excluded from average carculation
1						
					1	
					1	
					1	
					-	
					1	
					1	
		1		1	1	