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 Last Name

 MRN

 First Name

 DOB

HOME BLOOD PRESSURE MEASUREMENTS

1. Measure blood pressure **2 times** in the morning (after waking and before medications) and **2 times** in the evening (before bed). Sit down for 5 before the first reading and allow 1-2 minutes between readings.
2. Write down all the readings in the table below. Record the average measurements in the table below.
3. Take an average of the 5 days; there should be 20 readings.

	Morning (2 readings, 1-2 min apart)	Evening (2 readings, 1-2 min apart)
DAY 1		
Start date:		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
AVERAGE of all readings		

Hypertension can be diagnosed accurately if the average is $>135/85$.¹

Example:

	Morning (2 readings, 1-2 min apart)	Evening (2 readings, 1-2 min apart)
DAY 1 <i>Monday</i>	136/86 140/82	129/75 135/84
Date: 24.08.2015		

Updated August 2015.

¹ Reference: Nunan D, Thompson M, Heneghan CJ, et al. Accuracy of self-monitored blood pressure for diagnosing hypertension in primary care. *J of Hypertension*, 2015; 33:755-762. Diagnostic accuracy compared with ABPM % (95% CIs): sensitivity 92.7% (86.0-96.8), specificity 53.2% (42.6-63.6), PPV 69.7% (61.5-77.0), NPV 86.2% (74.6-93.9).