

Measuring blood pressure at home

When?

Measure your blood pressure in the morning and evening for 4 days (= one measurement period).

The days do not have to be consecutive.

The average of all measured blood pressure readings is what matters.

Complete the measurement period

- in a stable situation 1-2 times a year
- always 3 – 4 weeks after starting or changing blood pressure medication
- always before a periodic appointment to a doctor or nurse

Things to note before you start

Always measure your blood pressure in a quiet place, in the same way, and from the same arm, and keep it in the same position every time. Sit still with the cuff on at least 5 minutes before taking the measurement. For 30 minutes before the measurement, avoid strenuous exercise, smoking, eating large meals, and drinking stimulating beverages such as tea, coca cola, coffee or alcohol.

- Measure your blood pressure from the upper left arm, in a sitting position.
- If you take blood pressure medication, use it as normal during the measurement period. Measure your blood pressure in the morning before taking this medication.
- The cuff should fit snugly around the arm. The cuff should not move around on the arm, but you should be able to fit one finger underneath. Do not leave any clothing under the cuff. The bottom edge of the cuff should be positioned approximately 2-3 centimetres above the elbow. The cord should be facing downwards and be positioned at the centre of the crook of your arm.
- The arm being measured should rest relaxed and supported on a table, with the cuff at heart level.
- Do not move or speak while measuring.
- The metre display screen shows the upper blood pressure (= systolic pressure) and the lower blood pressure (= diastolic pressure) as well as the pulse.
- Measure your blood pressure twice, 1 – 2 minutes apart, and write down both readings. (If you have a metre that directly reports the average of several measurements, one measurement is sufficient).



Steps:

- 1) Sit down in a quiet place.
- 2) Wrap the cuff around the upper left arm just above the elbow.
- 3) Rest the arm at the height of the heart.
- 4) Start measuring by switching on the metre.
- 5) Read and record the measuring results.
- 6) Switch off the metre but keep the cuff wrapped around the arm.
- 7) Rest 2-3 minutes before the second measurement.
- 8) Repeat steps 4-5.

Example:

systolic/diastolic	pulse
135/85	p.65

Blood pressure home monitoring record

Year: 20_____

Name: _____ Personal identity code: _____

Select the correct choice:

- I have an appointment/call with a doctor/nurse. Date: _____
- I do not have any agreed follow-up plan. I am waiting to hear from the health centre.
- I will view the follow-up plan in the Omakanta service.

Measure your blood pressure in the morning and in the evening for 4 days (= one measurement period) Measure on 4 separate days; the days do not have to be consecutive.

date	morning (6–9 a.m.) 1st measurement, before medication	morning (6–9 a.m.) 2nd measurement, before medication	evening (6–9 p.m.) 1st measurement	evening (6–9 p.m.) 2nd measurement
	/ p.	/ p.	/ p.	/ p.
	/ p.	/ p.	/ p.	/ p.
	/ p.	/ p.	/ p.	/ p.
	/ p.	/ p.	/ p.	/ p.

This is how you calculate the average:

For example, the average of morning systolic BPs over four measurement days: add up all the systolic BP readings measured in the morning (8) and divide by the number of measurements (8).

Now you have a number that is the average of all systolic BP readings measured in the morning.

Do the same with the diastolic BP readings measured in the morning.

Then also calculate the average of the systolic BP readings for the evening measurements and the average of the diastolic BP readings for the evening measurements.

Average of morning measurements during the measurement period ____ / ____

Average of evening measurements during the measurement period ____ / ____

Add the above average readings together and divide by two to get the average of all measurements ____ / ____

Are you over 75 years of age?

Measure your blood pressure at least once while standing (during the day, after at least 5 minutes of rest).

Result in supine position: ____ / ____, pulse ____

Result after 1 minute of standing: ____ / ____, pulse ____

Result after 3 minutes of standing: ____ / ____, pulse ____

Did you feel very dizzy when standing up, did you fall, stumble, etc.? yes no