

Blood pressure monitoring

Name	Personal identity code
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Start by filling in your personal details at the top of the form.

The purpose of home monitoring is to obtain a reliable picture of your actual blood pressure level. Based on the results, our health care staff will assess your need for medication and a sufficient level of medication.

You should monitor your blood pressure at home for 7 days or for 4 days in connection with treatment assessment.

Please measure your blood pressure in the morning between 6.00 and 9.00 and again in the evening between 18.00 and 21.00.

You should measure your blood pressure when you are relaxed and not in a hurry. Make sure that at least 30 minutes have passed since you last ate, smoked or had coffee or a cola drink.

1. Wrap the cuff around your upper arm. Sit down and relax for 5 minutes before measurement. Make sure that the cuff has been properly placed around your arm. Do not speak during measurement.
2. Measure your blood pressure twice. Take a break of at least 2 minutes between the measurements and write the readings in the table below.

Date	Blood pressure in the morning			Blood pressure in the evening		
	Measurement 1	Measurement 2	Pulse	Measurement 1	Measurement 2	Pulse
Average blood pressure in the morning				Average blood pressure in the evening		
			/			

Calculate the averages of the morning and evening measurements separately.

1. Calculate the sum of all morning systolic pressures (top numbers) and divide the sum by the number of measurements taken.
2. Calculate the sum of all morning diastolic pressures (bottom numbers) and divide the sum by the number of measurements taken.
3. Calculate the sum of all evening systolic pressures (top numbers) and divide the sum by the number of measurements taken.
4. Calculate the sum of all evening diastolic pressures (bottom numbers) and divide the sum by the number of measurements taken.

Return the form to the health centre as agreed, at the latest when you have an appointment with a nurse/doctor.