**Weekly Blood Pressure Monitoring  
Patient Diary**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Date of birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Monitoring date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please enter your readings below**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day 1** | 1st am - | 2nd am - | 1st pm - | 2nd pm – |
| **Day 2** | 1st am - | 2nd am - | 1st pm - | 2nd pm – |
| **Day 3** | 1st am - | 2nd am - | 1st pm - | 2nd pm – |
| **Day 4** | 1st am - | 2nd am - | 1st pm - | 2nd pm – |
| **Day 5** | 1st am - | 2nd am - | 1st pm - | 2nd pm – |
| **Day 6** | 1st am - | 2nd am - | 1st pm - | 2nd pm – |
| **Day 7** | 1st am - | 2nd am - | 1st pm - | 2nd pm – |

***Office use only***

(Nice guidelines Aug 2011)   
When using Home Blood Pressure Monitoring to confirm a diagnosis of hypertension, ensure that:

* For each blood pressure recording, two consecutive measurements are taken, at least 1 minute apart and with the person seated **AND**
* Blood pressure is recorded twice daily, ideally in the morning and evening **AND**
* Blood pressure recording continues for at least 4 days, ideally for 7 days.

Discard the measurements taken on the first day and use the average value of all the remaining measurements to confirm a diagnosis of hypertension.