



*What You Need To Know
About*

Home Blood Pressure Monitoring



BHS Validated
Monitor



IP, AAMI Validated
Monitor





Buying Home Blood Pressure Monitors

You may purchase a home BP monitor at a pharmacy, medical mart, or department store. We strongly recommend an **automatic upper arm** monitor with an appropriate cuff that has met the standards of the British Hypertension Society (BHS), the International Protocol (IP), or the Association for the Advancement of Medical Instrumentation (AAMI). A validated monitor and a correct cuff size are important for obtaining accurate readings. We also suggest a monitor with a memory for storage of readings. Our recommendations for monitor and cuff size selection are below .

To find a validated monitor available in Canada, check:

- **A&D[®]** or **LifeSource[®]** monitors (Models: 767, 767PAC*, 774AC*, 779*, 787AC*)
- **Omron[®]** monitor (Model: HEM-705PC*, HEM-711*, HEM-741CINT*)

(* Preferred models with a memory for storage of readings)

To find your cuff size:

- Measure the circumference (midpoint between shoulder and elbow) of bare upper arm
- Match your measurement with measurements provided on the monitor's package or in the monitor's instruction manual

To check for accuracy of a home blood pressure monitor

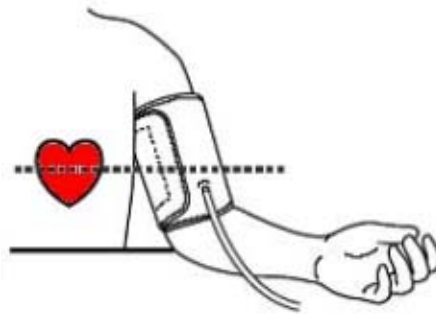
- Follow the manufacturer's and your doctor's recommendations

- Sources:**
- The Canadian Hypertension Education Program and The Canadian Hypertension Society
www.hypertension.ca
 - The dabl[®] Educational Trust
www.dableducational.com

Design: T. Pham RN and M. Myers MD, Sunnybrook & Women's College Health Sciences Centre. 2005.
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Based on information available before April 1, 2005

Recommended models for Home Blood Pressure Monitoring



The Canadian Hypertension Society recognizes the accuracy of this model



IP, AAMI Validated Monitor



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Instructions for Home Blood Pressure Monitoring

Frequent monitoring of blood pressure (BP) at home can help you achieve and maintain your BP target. Good BP control will reduce your risks for stroke, heart disease, blood vessel disease, kidney disease, and progression of kidney disease.

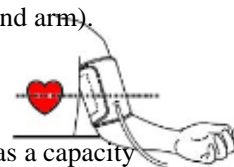
Understanding blood pressure

Your heart pumps blood into blood vessels. As blood flows through these vessels, it exerts a pressure on their walls. This pressure is your BP and is measured in millimeters of mercury (mmHg).

A BP reading consists of 2 numbers (example: 122/64 mmHg). The top number is systolic (pronounced sis-tah-lick) BP. The bottom number is diastolic (pronounced die-as-tah-lick) BP. Systolic BP is the (highest) pressure generated when your heart is pumping. Diastolic BP is the (lowest) pressure present when your heart is resting. Both numbers are important.

Measuring blood pressure

- ♥ Empty bladder and/or bowel if full before starting
- ♥ Sit **quietly** with feet flat on the floor and back rested against back of chair or a firm surface for at least 5 minutes before measurement and during measurement
- ♥ Use the same arm each time. Remove bulky or tight clothing from arm **completely**
- ♥ Wrap BP cuff snugly around **bare** upper arm (2 fingers should fit between BP cuff and arm). Edge of cuff must be 0.5_ to 1 inch (or 1 to 2 cm) above elbow (see picture_)
- ♥ Place arm on a table or a firm surface. Cuff must be at level of heart (see picture_)
- ♥ Take 1 reading and record
- ♥ Bring BP record to **each visit** with your doctor. If your monitor has a memory that has a capacity to store the number of readings requested by your doctor for each visit, you don't need to write down your readings but bring the BP recorder with you to the clinic instead



When home measurement is recommended by your doctor, check BP **for a period of:**

- ♥ 7 days, 2 measurements twice a day (morning and evening), **after** any change in BP medications or water medications. A medication change is a new medication, a new dosage of a current medication, or discontinuation of a medication
- ♥ 7 days, 2 measurements twice a day (morning and evening), **before** each visit with your doctor

AVOID checking blood pressure:

- ♥ If you have had caffeine or alcohol, smoked a cigarette, or exercised less than 1 hour before
- ♥ If you are eating, chewing, or drinking
- ♥ If you are stressed, upset, anxious, excited, or in pain
- ♥ If you are sitting in an uncomfortable or noisy environment
- ♥ If you **currently** have irregular pulse or irregular heartbeat due to atrial fibrillation or other causes.



My Blood Pressure Record

Date	Blood pressure reading (measured at home)		Other information **	Blood pressure reading (if measured at a doctor's office)
	Morning (before taking medications)	Evening		
				Date:
				Reading:
				Dr.
				Date:
				Reading:
				Dr.
				Date:
				Reading:
				Dr.
				Date:
				Reading:
				Dr.
				Date:
				Reading:
				Dr.
				Date:
				Reading:
				Dr.

****Other information:** Dizziness, light-headedness, and a change in blood pressure medications or water medications. A medication change is a new medication, a new dosage of a current medication, or discontinuation of a medication.