

Comprehensive Blood Pressure Recording Chart

Patient Information

- Name: _____
 - Date of Birth: _____
 - Medical Record Number: _____
 - Primary Care Physician: _____
 - Chart Start Date: _____
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Blood Pressure Record

Date	Time	Systolic (mm Hg)	Diastolic (mm Hg)	Heart Rate (bpm)

Date	Time	Arm Used (L/R)	Body Position	Environment	Notes (Medication, Activity, etc.)

Instructions for Accurate Measurement:

1. **Consistent Timing:** Take measurements at the same times each day, typically morning and evening. Avoid measuring right after waking up.
2. **Resting Phase:** Rest quietly for at least 5 minutes before taking a reading.
3. **Correct Posture:** Sit in a chair with your back straight and supported. Do not cross your legs.
4. **Arm Position:** Use the same arm for every reading. Place the cuff on bare skin, not over clothing. The cuff should be level with your heart.
5. **Cuff Size and Placement:** Ensure the cuff fits well. It should be snug but not too tight, positioned just above the elbow.
6. **Avoid Certain Activities:** Do not eat, drink caffeine, smoke, or exercise for 30 minutes before measuring your blood pressure.
7. **Taking the Reading:** Remain silent and still during the measurement. Follow the instructions of your blood pressure monitor.
8. **Recording:** Write down your blood pressure reading immediately after measurement. Note any factors that might affect your reading, such as stress, exercise, or medication changes.

Notes for Health Practitioners:

- **Review Trends:** Look for patterns over time rather than focusing on a single reading.
- **Adjustments in Treatment:** Consider these readings as part of a broader assessment for any treatment adjustments.
- **Patient Education:** Ensure the patient understands the importance of accurate measurements and how to interpret their readings.