

# Hypertension Chart

## Patient Information

- Name: \_\_\_\_\_
- Date of Birth: \_\_\_\_\_
- Gender: \_\_\_\_\_
- Contact Information: \_\_\_\_\_
- Medical History: \_\_\_\_\_
- Current Medications: \_\_\_\_\_
- Allergies: \_\_\_\_\_

## Blood Pressure Readings

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Category

## Instructions for Use

### Recording Readings

- Enter each blood pressure reading in the designated columns.
- Note the date, time, and whether the measurement was taken under specific circumstances (e.g., after rest or before meals).

Notes:

### Categorization

- Use established blood pressure ranges to categorize readings (e.g., Normal, Elevated, Stage 1, Stage 2).

- Update the "Category" column based on the recorded values.

Notes:

### **Trend Analysis**

- Connect data points with a line to visualize trends over time.
- Note any significant fluctuations or consistent patterns.

Notes:

### **Intervention and Follow-up**

- If readings consistently fall within hypertensive ranges, consider lifestyle modifications or medication adjustments.
- Schedule follow-up appointments for continued monitoring.

Notes:

### **Additional Notes**

### **Important Reminders**