*GRANTOWN ON SPEY MEDICAL PRACTICE*

ATTACH LABEL WITH

NAME & ADDRESS

BLOOD PRESSURE MONITORING SHEET

Instructions:

* Readings should be taken at least 30 minutes apart.
* Please sit and rest for 5 minutes before taking a reading.
* Your bicep in the arm being measured should rest at chest height.
* Do not speak while BP machine is in operation (it raises your blood pressure).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | DATE | TIME | BP READING | R (RIGHT) orL (LEFT) ARM | COMMENT |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |
| 5 |  |  |  |  |  |
| 6 |  |  |  |  |  |
| 7 |  |  |  |  |  |
| 8 |  |  |  |  |  |
| 9 |  |  |  |  |  |
| 10 |  |  |  |  |  |
| 11 |  |  |  |  |  |
| 12 |  |  |  |  |  |
| 13 |  |  |  |  |  |
| 14 |  |  |  |  |  |
| 15 |  |  |  |  |  |
| 16 |  |  |  |  |  |
| 17 |  |  |  |  |  |
| 18 |  |  |  |  |  |

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*For Office use only - Average of readings 5-18*

Total top number \_\_\_\_\_\_÷14 = Total bottom number \_\_\_\_\_\_÷14 =

 (Systolic) (Diastolic)

**Average recorded = /**

(Read Code #246Y - automatically entered via docman filing sheet)

If average BP <145/85 then can be docmanned without workflowing.

If average BP >145/85 then workflow to Wendy Laing and GP.