

Department of
GENERAL MEDICINE

Home Blood Pressure Monitoring



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Introduction



Uncontrolled blood pressure can be dangerous as it increases the risk of serious health problems (e.g. heart attack, stroke and kidney damage)

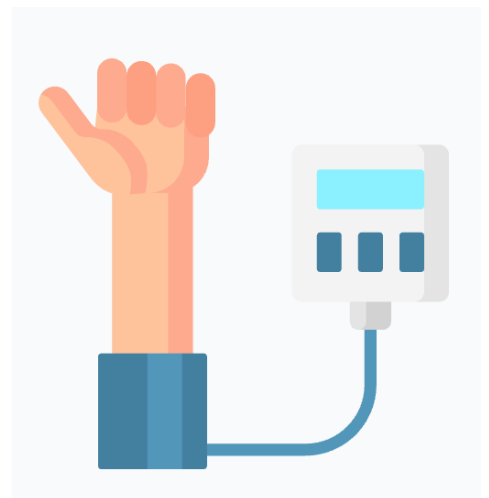


Benefits of Home Blood Pressure Monitoring

- Reduces errors due to white coat hypertension*

**White Coat Hypertension: Exaggerated blood pressure due to alerted response state in the clinic/hospital environment.*

- Allows for early detection and treatment of hypertension
- Helps reduce costs by preventing future complications
- Helps you take ownership of your health



Choosing Home Blood Pressure (BP) Monitor and Cuff

Choosing a Home BP Monitor

- Choose an automated and validated BP monitor with arm cuff.
- Wrist, finger, handphone devices for BP monitoring are **not recommended**.
- When in doubt about the accuracy of your device, you may bring your device to your clinic and check with the clinic doctor.



For a list of validated BP monitor models, please visit: <https://bit.ly/33aaLrM> or scan the QR code on the left.

Choosing Home Blood Pressure (BP) Monitor and Cuff

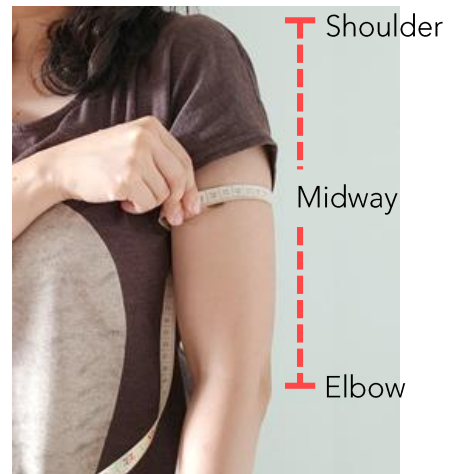
Choosing a BP Monitor Cuff

Use a correct BP cuff size.

1. Measure the circumference of your upper arm midway between the elbow and shoulder.

2. Choose a cuff size that includes this measurement.

3. The **index line** should fall within the **minimum and maximum** limits indicated on the cuff when put on.



Steps to Observe During BP Measurement

- Take your BP twice daily (2 readings each time) around the same time of day for a week prior to your consultation:

First Measurement:

Upon waking up or after emptying your bladder, before your medication & food



Before



Second Measurement:

Before bedtime



- DO NOT** take BP immediately after exercising, smoking, eating/drinking or when you are stressed



Steps to Observe During BP Measurement



- 1 Sit down quietly for 1-3 minutes with your back supported and legs uncrossed.
- 2 Apply the cuff to your bare upper arm.
- 3 Place your arm at the level of your heart or chest.
- 4 Stay still and do not talk as your BP machine operates.
- 5 Take two readings, one minute apart at each sitting and record them in a chart.
- 6 Record Systolic BP (SBP) / Diastolic BP (DBP) and pulse each time.



Watch a video on how to measure your blood pressure at home on Singapore Hypertension Society website: <https://bit.ly/3jRUdL9> or scan the QR code on the left.

Measurement Frequency

- After medication adjustment, measure BP twice daily for one week.

If average BP is
controlled

Consistently at less than
135/85 mmHg



- Reduce measurement frequency to once a week.

If average BP is
uncontrolled

Persistently at more than
135/85 mmHg



- Continue to monitor your BP twice daily
- Review if you have adopted the recommended healthy lifestyle measures and ensure that you have taken your medication.

One week before your next doctor's appointment, remember to measure your BP twice daily



Management of Abnormal BP Readings



The optimal home BP target is **less than 135/85 mmHg**. As it may differ depending on each individual's medical profile, do check with your doctor what your own **personal target is**.



Your blood pressure **fluctuates throughout the day**. It is normal to get different readings at different times of the day and on different days.

Management of Abnormal BP Readings



An occasional reading that is mildly to moderately high is **not an immediate cause for alarm**.

Continue to monitor your blood pressure and maintain the recommended healthy lifestyle measures.

If **persistently high** (e.g. $>160/100$ mmHg), you may wish to **call your relevant clinic** for advice.



If your BP readings are **unusually high** i.e. exceed $180/110$ mmHg, **rest for 15 – 30 minutes and test again**. If the reading remains unusually high, seek treatment at your nearest GP or polyclinic.

Sample Chart for Recording BP Result

Date	Measurement		Morning			Afternoon/Evening		
	Reading	Time	^SBP (Top)	*DBP (Middle)	Pulse (Bottom)	^SBP (Top)	*DBP (Middle)	Pulse (Bottom)
Example 1/8/19	#1	09:00	142	83	66	140	89	67
	#2	21:00	142	87	65	143	89	66
1	#1							
	#2							
2	#1							
	#2							
3	#1							
	#2							
4	#1							
	#2							
5	#1							
	#2							
6	#1							
	#2							
7	#1							
	#2							

Average SBP and DBP (Take the average of all measurements recorded in the table, excluding Day 1)	SBP:
	DBP:

Legend

^SBP: Systolic Blood Pressure (top reading)

*DBP: Diastolic Blood Pressure (middle reading)

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