



CALCULATING YOUR AVERAGE BLOOD PRESSURE VALUE

After you fill out the chart, the readings have to be averaged. You can either ask your health professional to do it for you, or you can do it yourself. If you would like to do it yourself, here's how to do it. The most important thing is to fill out the chart.

There are two ways to proceed:

1. Either print out a worksheet and use it to calculate your average.
2. Or create an interactive Excel spreadsheet. The program is quite easy to use, but it has to take into account missing data to do the averaging. A "Total" box should appear at the end of each line as well as the letters A, B, C etc. If this tool is available, the FMG professionals will use the site more often because the tool will automatically average your readings.

HOW TO CALCULATE YOUR AVERAGE

Step 1 - Enter your blood pressure readings

Fill out the chart by entering all of your readings (2 in the morning and 2 in the evening). If you miss one or more of the readings, **do not write anything** in the corresponding box.

Step 2 - Total up each line

Add up all of the figures on the line (A, B, C, D, E, F, G and H) **except for the Day 1 reading**, and write the result in the "Total" box at the end of each line.

Example for the first two lines:

			D1	D2	D3	D4	D5	D6	D7	Total	
Morning	1	Systolic	173	164	X	152	161	149	139	765	A
		Diastolic	85	78	X	70	99	90	69	406	B

The total would be $164 + 152 + 161 + 149 + 139 = 765$ (not counting Day 1). In this example, the patient did not measure his blood pressure on Day 3.

Step 3 - Average each line

1. Take the reading results from lines A to H.
2. Write down the number of readings taken on this line. Remember to count only the boxes that contain results and **do not count Day 1**.

3. To calculate the average, divide the total by the number of readings.

If we look at the example above:

The total is 765, divided by 5 = 153, which is average A.

The total is 406, divided by 5 = 81, which is average B.

etc...

	Total	Number of readings on the line	Average
A	765	5	153
B	406	5	81
etc..			

Step 4 - Calculate the weekly average

Take all of the **systolic** averages = A + C + E + G = _____

Divide by 4 = _____ mm Hg systolic

Take all of the **diastolic** averages = B + D + F + H = _____

Divide by 4 = _____ mm Hg diastolic