



La société québécoise
D'HYPERTENSION ARTÉRIELLE



Hypertension
CANADA



BLOOD PRESSURE MONITORING AT HOME



WHAT IS BLOOD PRESSURE?

Blood pressure is the force of your blood on the walls of your arteries with each beat of your heart.

Blood pressure is always given as **two numbers**:

- The **top or first number** is the blood pressure when your heart beats. This is called **systolic pressure**.
- The **bottom or second number** is the pressure remaining in the arteries between beats. This is called **diastolic pressure**.

When you follow the protocol outlined below, your average blood pressure should be less than:

135 / 85 mm Hg

Your blood pressure fluctuates throughout the day. This is normal, and is a reflection of how your body adapts to your daily activities (exercise, changes in position, rest, stress, digestion, etc.).

There are times during the day when your pressure will be higher or lower, and this is absolutely normal.

For individuals with diabetes: when blood pressure is measured by a health care professional, the target is 130/80 mm Hg. Measurements at home should logically be close to these figures.

WHY SHOULD I MEASURE MY BLOOD PRESSURE AT HOME?

You can measure your blood pressure at home in addition to having it measured at a clinic by a health care professional

- When you measure your blood pressure at home, you can take multiple readings. These readings can show how your blood pressure varies over a week, and can give a more reliable assessment of your blood pressure over time.
- Sometimes, blood pressure measured at home differs from those measurements taken by a health care professional at a clinic or doctor's office. Readings taken at home can give a more realistic picture of your actual blood pressure.
- If you have already been diagnosed with high blood pressure, home blood pressure measurement can help you monitor your efforts at achieving your target blood pressure (e.g. show the effects of an exercise program).
- Home blood pressure monitoring the week before an appointment with a health care professional can help your health care professional determine whether lifestyle or medication changes are needed.

- Measuring your blood pressure at home after a medication change, adjustment or addition can help you and your health care professional determine if the onset of problems like dizziness or headaches are associated with medication changes.



The device used should display this logo to confirm that it has been approved by Hypertension Canada. The cuff has to be of an appropriate size and a health care professional can help you determine the cuff that you need.

For more information:
www.hypertension.ca

WHEN SHOULD I MEASURE MY BLOOD PRESSURE?

Preparation:

- Rest for 5 minutes before measuring your pressure
- Wait 30 minutes after physical exertion or cold exposure (even a brisk walk can affect blood pressure)
- Wait an hour after drinking a caffeinated beverage such as coffee, tea or cola
- Wait two hours after a meal
- If necessary, void your urine or have a bowel movement in order to be comfortable before measuring your blood pressure

Measurement:

Measure your blood pressure each morning and evening for 7 consecutive days

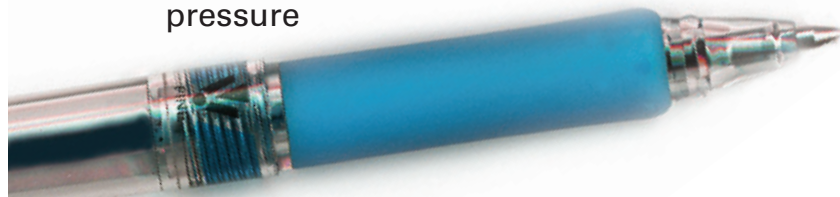
- Take 2 measurements in the morning when you get up, before taking your medication, or having breakfast or coffee

- 2 measurements at night

Before going to bed

- Take two measurement each time

Write down all of your results, and be sure to show your readings to your health care professional at your next visit



Sitting position

**Do not talk before and
during measurement**

**Comfortable environment
with no distraction**

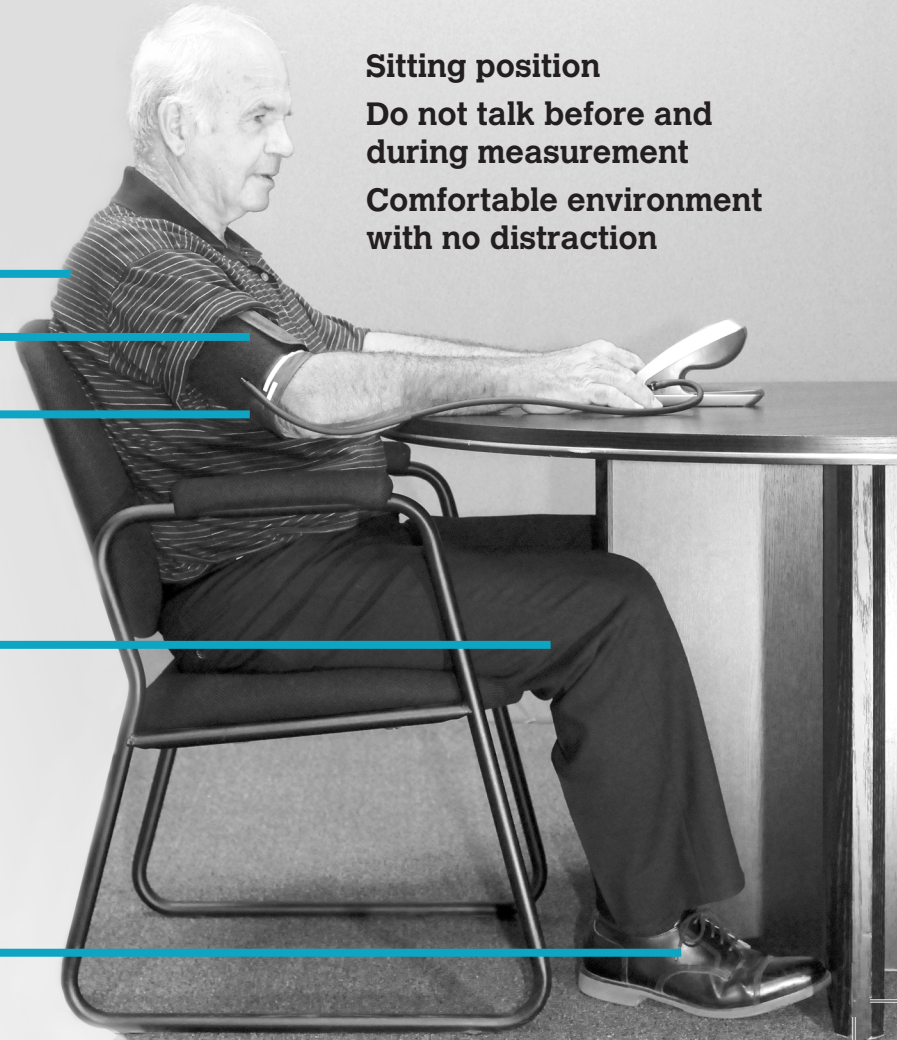
BACK SUPPORTED

MIDDLE OF THE CUFF AT HEART LEVEL

ARM SUPPORTED

LEG UNCROSSED

FEET FLAT ON THE FLOOR



EXAMPLE

Here is an example of the chart you will be using at home

CHARTING YOUR RESULTS: Enter your results on the chart below (2 readings in the morning and 2 readings in the evening). If you miss one or more readings, write an X in the corresponding box.

The average of your results for home blood pressure measurements over the course of one week should be less than **135 / 85 mm Hg**

			D1	D2	D3	D4	D5	D6	D7
		DATE	Nov. 3	Nov. 4	Nov. 5	Nov. 6	Nov. 7	Nov. 8	Nov. 9
MORNING	1	Systolic	128	142	164	X	156	142	128
		Diastolic	74	66	90	X	88	78	68
		PULSE	75	77	86	X	84	79	75
	2	Systolic	128	144	164	X	156	142	128
		Diastolic	74	68	92	X	88	78	68
		PULSE	73	78	90	X	86	80	75
EVENING	1	Systolic	132	X	156	132	162	138	132
		Diastolic	76	X	78	82	88	72	80
		PULSE	74	X	82	77	92	76	75
	2	Systolic	138	X	154	132	160	138	134
		Diastolic	78	X	76	84	86	74	78
		PULSE	77	X	80	77	89	75	76

IMPORTANT

- For accurate home blood pressure monitoring, you must take several readings over seven consecutive days. An average of the readings taken on the last six days will provide a good estimate of your actual blood pressure.
- If you measure your blood pressure when you feel stressed, the reading will not be an accurate reflection of your usual blood pressure. For instance, don't take your pressure after receiving bad news - wait until later.
- You should measure your blood pressure at the same time every day. Choose a time in the morning and evening when you are most likely to remember. For instance, try associating your blood pressure measurement with another activity (e.g. before brushing your teeth or after going to the bathroom first thing in the morning).

-
- Write down the two readings each time, even if they seem too high or too low, and even if you are not happy with them. If you insist on taking a third reading, you don't have to write it down.
 - If you forget to measure your pressure a few times over the seven days, don't worry. Just write an X on the chart corresponding to the times you forgot.
 - Fill out the chart until the end of the selected time period. After the seventh day, put away your blood pressure monitor and give the chart to your health care professional at your next appointment. Some health care professionals may ask that you bring your device and the chart to your appointments.

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• You may photocopy this chart

If you calculate your average, don't use the measurements you took on Day 1

For more information on how to calculate your results, visit:

www.hypertension.qc.ca (tab: info patients/mesures à domicile)

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FOR MORE INFORMATION ABOUT HIGH BLOOD PRESSURE

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PUBLICATIONS:

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PHONE: (450) 464-3166
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WEBSITE: WWW.LMSBOOK.COM

Questions and Answers - A Patient's Guide to Controlling Hypertension, written by doctors, pharmacists and nurses, contains valuable information about high blood pressure, its diagnosis and treatment.

A second publication by the Société québécoise d'hypertension artérielle, *My Nutrition Guide for the Prevention and the Treatment of High Blood Pressure* was written by dietitians who specialize in hypertension, and contains practical advice on improving your blood pressure and your cardiovascular health.

AN INITIATIVE OF THE

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ENDORSED BY

Hypertension
CANADA

BASED ON **CHEP** RECOMMENDATIONS

WWW.HYPERTENSION.QC.CA



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