

# Home Blood Pressure Monitoring Instructions for health-care professionals

## DEVICE

- Use only validated electronic upper-arm cuff device. List of accurate devices at [www.stridebp.org](http://www.stridebp.org).
- Manual auscultatory devices, automated wrist devices, finger-cuff devices, wristband wearables and cuffless devices are generally not recommended.
- Devices for children or pregnant women must be validated specifically in these populations.
- Devices with automated storage and averaging of multiple readings, or mobile phone, PC or internet link connectivity enabling data transfer are preferred.

## CUFF

- Cuff size to fit the individual's arm circumference according to device instructions.
- Smaller cuff than appropriate overestimates and larger underestimates BP.
- Each device has its own cuffs, which are not interchangeable with those of other devices.
- Wrap the cuff around bare arm with lower edge 2-3 cm above the elbow crease and mid-point of bladder over the brachial artery.

## CONDITIONS

- Quiet room with comfortable temperature.
- No smoking, caffeine, food and exercise 30 min before measurement.
- Empty bladder.
- Remain seated and relaxed for 5 min.
- No talking during or between measurements.

## POSTURE

- Sitting on chair with back supported.
- Legs relaxed and uncrossed, feet flat on floor.
- Arm resting on table with mid-arm at heart level.

## SCHEDULE

### Before each office visit

- Measurements for 7 days (no less than 3 days and 12 readings).
- Duplicate measurements, morning and evening with 1 min interval between them.
- Before drug intake if treated and before meals.

### Long-term follow up of treated hypertension

- 1-2 duplicate measurements per week or month.
- Treatment changes by patients not allowed.

## INTERPRETATION

- Review the readings stored in device memory (or mobile) if available. Alternatively check readings reported in logbook given to patient.
- Calculate the average of all measurements except those of the 1st day.
- Average home BP  $\geq 135/85$  mmHg indicates hypertension.

## PATIENT TRAINING

- Use a reliable device.
- Conditions and posture for measurement.
- Measurement schedule before office visit and between visits.
- Interpretation of measurements.
- Inform patient about usual BP variability.
- Action if BP is too high or too low.