BOOKLET

SELF-MEASUREMENT

BLOOD PRESSURE

Last Name : _____

First Name : _____

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What is blood pressure?

Blood pressure is the force exerted by the blood on the artery walls with each heartbeat. It is expressed by two values:

SBP **Systolic blood Pressure:** maximum value (heart contracted)

DBP **Diastolic blood Pressure:** minimum value (heart relaxed)

HR **Heart rate:** beats per minute

Normal values:

SBP < 140 mmHg and DBP < 90 mmHg

Risks of untreated hypertension

- Heart
- Brain
- Kidneys
- Eyes
- Blood vessels

Possible symptoms (rare)

- Persistent headaches
- Dizziness
- Vision problems Heart
- palpitations Night
- sweats
- Nosebleeds

Hypertension is often silent and asymptomatic.

Lifestyle advice

- Diet rich in fruits and vegetables, low in fat; less salt (< 5 g/day)
- Regular adapted physical activity
- Reduce alcohol (< 2drinks/day, notevery linked day) Quit
- Smoking
- Weight loss if overweight

1/3 has hypertension

1/2 is unaware

WHY AND HOW TO MEASURE MY BLOOD PRESSURE?

Why measure at home?

Measuring outside the doctor's office helps confirm le the HTN diagnosis and avoid linked variations toto the effect " white coat ".

Two complementary methods

HBPM **Home blood pressure monitoring**

Performed by the patient at home.
Encourages involvement in management.

MAPA **Ambulatory monitoring**

Monitors blood pressure variations over 24h during normal daily activities.

- **Confirm HTN before any treatment,** except in cases of hypertensive emergency.

Home measurement guidelines (HBPM)

Use an approved electronic upper-arm blood pressure monitor. Take measurements seated, forearm resting on the table, at rest, following the rule of 3 (see below).

RULE OF 3

3 **measurements in the morning**

3 **measurements in the evening**

3 **consecutive days**

with measurements 2 minutes apart

Measurement steps

1. Sit at rest for at least 5 minutes, forearm resting on the table.
2. Put on and adjust the cuff on the bare arm (or the wrist monitor at heart level)
3. Remain calm, relaxed and still throughout the measurement.
4. Take 3 consecutive measurements 2 minutes apart.
5. Record SBP, DBP and heart rate in this booklet.
6. Calculate the average over the 3 days.

Interpret results

HTN is confirmed if:

SBP > 140 mmHg

DBP > 90 mmHg

Calculate your average

After 3 days of measurements (morning and evening), calculate the average of all your SBP and DBP values to share with your doctor.

Average SBP (systolic)

Add all SBP values then divide by the number of measurements (e.g.: 18 measurements for 6/day × 3 days)

Average DBP (diastolic)

Add all DBP values then divide by the number of measurements (e.g.: 18 measurements for 6/day × 3 days)

Period 1 — From _____ to _____ **Target: SBP < 140 | DBP < 90 mmHg**

Period Time	SBP (mmHg)	DBP (mmHg)	HR (bpm)
Day 1 Morning Time : _____: _____			
Day 1 Evening Time : _____: _____			
Day 2 Morning Time : _____: _____			
Day 2 Evening Time : _____: _____			
Day 3 Morning Time : _____: _____			
Day 3 Evening Time : _____: _____			
Average SBP (mmHg)		**Average DBP (mmHg)**	

Period 2 — From _____ to _____ **Target: SBP < 140 | DBP < 90 mmHg**

Period Time	SBP (mmHg)	DBP (mmHg)	HR (bpm)
Day 1 Morning Time : _____: _____			
Day 1 Evening Time : _____: _____			
Day 2 Morning Time : _____: _____			
Day 2 Evening Time : _____: _____			
Day 3 Morning Time : _____: _____			
Day 3 Evening Time : _____: _____			
Average SBP (mmHg)		**Average DBP (mmHg)**	

Period 3 — From _____ to _____ **Target: SBP < 140 | DBP < 90 mmHg**

Period Time	SBP (mmHg)	DBP (mmHg)	HR (bpm)
Day 1 Morning Time : _____ : _____			
Day 1 Evening Time : _____ : _____			
Day 2 Morning Time : _____ : _____			
Day 2 Evening Time : _____ : _____			
Day 3 Morning Time : _____ : _____			
Day 3 Evening Time : _____ : _____			
Average SBP (mmHg)		**Average DBP (mmHg)**	

Period 4 — From _____ to _____ **Target: SBP < 140 | DBP < 90 mmHg**

Period Time	SBP (mmHg)	DBP (mmHg)	HR (bpm)
Day 1 Morning Time : _____ : _____			
Day 1 Evening Time : _____ : _____			
Day 2 Morning Time : _____ : _____			
Day 2 Evening Time : _____ : _____			
Day 3 Morning Time : _____ : _____			
Day 3 Evening Time : _____ : _____			
Average SBP (mmHg)		**Average DBP (mmHg)**	

Period 5 — From _____ to _____ **Target: SBP < 140 | DBP < 90 mmHg**

Period Time	SBP (mmHg)	DBP (mmHg)	HR (bpm)
Day 1 Morning Time : _____ : _____			
Day 1 Evening Time : _____ : _____			
Day 2 Morning Time : _____ : _____			
Day 2 Evening Time : _____ : _____			
Day 3 Morning Time : _____ : _____			
Day 3 Evening Time : _____ : _____			
Average SBP (mmHg)		**Average DBP (mmHg)**	

Period 6 — From _____ to _____ **Target: SBP < 140 | DBP < 90 mmHg**

Period Time	SBP (mmHg)	DBP (mmHg)	HR (bpm)
Day 1 Morning Time : _____ : _____			
Day 1 Evening Time : _____ : _____			
Day 2 Morning Time : _____ : _____			
Day 2 Evening Time : _____ : _____			
Day 3 Morning Time : _____ : _____			
Day 3 Evening Time : _____ : _____			
Average SBP (mmHg)		**Average DBP (mmHg)**	

Period 7 — From _____ to _____ **Target: SBP < 140 | DBP < 90 mmHg**

Period Time	SBP (mmHg)	DBP (mmHg)	HR (bpm)
Day 1 Morning Time : _____: _____			
Day 1 Evening Time : _____: _____			
Day 2 Morning Time : _____: _____			
Day 2 Evening Time : _____: _____			
Day 3 Morning Time : _____: _____			
Day 3 Evening Time : _____: _____			
Average SBP (mmHg)		**Average DBP (mmHg)**	

Period 8 — From _____ to _____ **Target: SBP < 140 | DBP < 90 mmHg**

Period Time	SBP (mmHg)	DBP (mmHg)	HR (bpm)
Day 1 Morning Time : _____: _____			
Day 1 Evening Time : _____: _____			
Day 2 Morning Time : _____: _____			
Day 2 Evening Time : _____: _____			
Day 3 Morning Time : _____: _____			
Day 3 Evening Time : _____: _____			
Average SBP (mmHg)		**Average DBP (mmHg)**	

Period 9 — From _____ to _____ **Target: SBP < 140 | DBP < 90 mmHg**

Period Time	SBP (mmHg)	DBP (mmHg)	HR (bpm)
Day 1 Morning Time : _____: _____			
Day 1 Evening Time : _____: _____			
Day 2 Morning Time : _____: _____			
Day 2 Evening Time : _____: _____			
Day 3 Morning Time : _____: _____			
Day 3 Evening Time : _____: _____			
Average SBP (mmHg)		**Average DBP (mmHg)**	

Period 10 — From _____ to _____ **Target: SBP < 140 | DBP < 90 mmHg**

Period Time	SBP (mmHg)	DBP (mmHg)	HR (bpm)
Day 1 Morning Time : _____: _____			
Day 1 Evening Time : _____: _____			
Day 2 Morning Time : _____: _____			
Day 2 Evening Time : _____: _____			
Day 3 Morning Time : _____: _____			
Day 3 Evening Time : _____: _____			
Average SBP (mmHg)		**Average DBP (mmHg)**	

Period 11 — From _____ to _____ **Target: SBP < 140 | DBP < 90 mmHg**

Period Time	SBP (mmHg)	DBP (mmHg)	HR (bpm)
Day 1 Morning Time : _____: _____			
Day 1 Evening Time : _____: _____			
Day 2 Morning Time : _____: _____			
Day 2 Evening Time : _____: _____			
Day 3 Morning Time : _____: _____			
Day 3 Evening Time : _____: _____			
Average SBP (mmHg)		**Average DBP (mmHg)**	

Period 12 — From _____ to _____ **Target: SBP < 140 | DBP < 90 mmHg**

Period Time	SBP (mmHg)	DBP (mmHg)	HR (bpm)
Day 1 Morning Time : _____: _____			
Day 1 Evening Time : _____: _____			
Day 2 Morning Time : _____: _____			
Day 2 Evening Time : _____: _____			
Day 3 Morning Time : _____: _____			
Day 3 Evening Time : _____: _____			
Average SBP (mmHg)		**Average DBP (mmHg)**	

References

1. INSERM. Arterial hypertension (HTN): a common cardiovascular condition. 2018.
2. FFC. I have high blood pressure and I am being treated.
3. HAS. Management of hypertension in adults — Summary sheet. September 2016.
4. Government. Alcohol campaign: new lower-risk consumption guidelines. drogues.gouv.fr
5. WHO. Reduce salt consumption. 2020.
6. Ameli. Healthy habits: taking your blood pressure at home.

Glossary

AMT	Home blood pressure monitoring
BPMA	Ambulatory blood pressure monitoring
HR	Heart rate
DBP	Diastolic blood pressure
BP	Blood pressure
SBP	Systolic blood pressure