

HOME BLOOD PRESSURE MONITORING CHRONIC KIDNEY DISEASE PRE DIALYSIS CKD STAGE 1-3



HIGH BLOOD PRESSURE MONITORING

Home blood pressure monitoring (HBPM) refers to measuring your blood pressure (BP) yourself or by another person at home.

WHY IS HBPM USEFUL?

It is useful for a number of reasons, for example, to know:

- If your BP medicine is keeping your BP under good control
- What your BP is like in your daily life
- If your BP measured at home is lower than measured in the clinic.

DO YOU HAVE TO MEASURE YOUR BP AT HOME?

Your doctor or nurse may advise you to measure your BP at home as it can help you to keep control of your BP. If you feel comfortable about it and can afford to buy a monitor, then let your doctor or nurse know about your decision.

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WHAT IS THE COST OF A MONITOR?

The cost of a monitor usually varies according to the number of extra features that it has. It usually comes with a normal size cuff. What you need is a monitor that measures your BP correctly and has been clinically validated. Extra features are not important, except that if you need a bigger cuff size and prefer an AC adaptor instead of batteries. Extra features will have an extra cost.

HOW LONG DOES A MONITOR LAST?

A clinically validated monitor will last for many years, but it usually needs to be re-calibrated once every 2 years (but check the manufacturer's specification). This is to ensure that it continues to give accurate BP readings. You will need to contact the corresponding customer services and probably have to pay for re-calibration service.

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HOW TO CHOOSE THE RIGHT MONITOR?

There are many types of home BP monitor. It is important that you choose a monitor which:

- Is for BP measurement at upper arm because it is usually more accurate than wrist or finger monitors
- Is clinically validated for accuracy
- Has the right cuff size for your upper arm because a wrong size will give you wrong BP readings.

HOW DO YOU FIND OUT THE RIGHT CUFF SIZE FOR YOU?

You will need to know your upper arm measurement by measuring around your upper arm at the midpoint between your shoulder and elbow.

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Then with the measurement obtained, choose your cuff size from the following table:

Size	Measurement in inches	Measurement in cm
Small	7.1 – 8.7	18 – 22
Medium	8.8 – 12.8	22 – 32
Large	12.8 – 18	32 – 45

Source:

<http://www.bloodpressureuk.org/BloodPressureandyou/Homemonitoring/Choosingyourmonitor>

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WHICH ARM SHOULD YOU USE TO CHECK YOUR BP?

Always use the same arm for measuring your BP. Check with your doctor/nurse if you should use a particular arm for measurement, in case one of your arms gives higher readings than the other.

HOW OFTEN AND WHEN DO YOU HAVE TO MEASURE YOUR BP?

Your doctor or nurse will advise you how often and when to measure your BP. At the beginning, you may be told to measure your BP morning and evening for 3 or 7 days in a row. After that, check it less often but regularly. For example:

- Once a week, preferably on the same time of day and the same day of the week
- Take 2-3 measurements in the morning (between 6-9am) and 2-3 measurements in the evening (between 6-9pm), before you take your medicines and before breakfast/dinner. Leave about 2 minutes rest between each measurement
- Record all 3 readings correctly, including the top number, the bottom number and heart rate as they appear on the screen of the monitor. Do not round up or down your BP readings
- Take the record with you to your clinic visit with your doctor/nurse.

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Important:

Do not make decisions about your treatment without consulting your doctor/nurse.

WHEN WILL YOU NEED TO CHECK YOUR BP MORE OFTEN?

You may need to measure your BP more often for a period if you are given a higher/lesser dose of your BP medicine or a new medicine. This is to see if the change in treatment is having any effect. Do not check your BP too often at other times. This may cause you to be anxious, resulting in higher readings.

WHAT SHOULD YOU DO IF YOU HAVE A SINGLE HIGH READING?

Do not worry about a single high reading. Check your BP again at another moment. If it continues to be high after a period, call or visit your doctor/nurse. Some useful considerations to help measure your BP correctly. Many situations can affect your BP to be higher for a short duration. Here are some useful recommendations:

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- Do not eat a big meal, drink coffee and alcohol or smoke for an hour before or do physical exercise half an hour before you measure your BP.
- Use the toilet just before you take your BP (a full bladder will cause you discomfort).
- Do not take your BP as a control reading if you are in pain or stress.
- Measure your BP in a quiet environment.
- Have a comfortable room temperature (extreme heat or cold can affect your BP).
- Wear loose-fitting clothes so that you can roll up your sleeve to fit the cuff correctly and comfortably.
- Place the cuff snugly around your upper arm, at 1-2cm above your elbow, making sure that the indication of the 'artery' area on the cuff coincides with the pulsation felt at the internal side just above your elbow.
- Rest for about 5 minutes before you measure your BP. You should be sitting down in a chair with your back against the backrest and with your arm resting on a table so that the cuff is at the heart's level. Keep your arm relaxed and do not cross your legs. Do not move your arm during the readings.

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Useful website:

<http://www.bloodpressureuk.org/BloodPressureandyou/Thebasics/Homemonitoring>

<http://www.bloodpressureuk.org/BloodPressureandyou/Homemonitoring/Howtomeasure>

KEY POINTS TO REMEMBER

- Home blood pressure monitoring is useful to check your BP at home.
- It is recommended that you buy a suitable monitor.
- Many conditions can affect the values of BP. To avoid this, measure your BP correctly.

The Patient Education Document is sponsored by B. Braun Avitum AG.

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