

# Procedures for Use of Home Blood Pressure Monitoring (HBPM)

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<b>Devices:</b>
<ul style="list-style-type: none"><li>▪ <b>Use an automated device that has been validated for clinical accuracy</b> (<a href="http://www.validatebp.org">www.validatebp.org</a> or <a href="http://stridebp.org/bp-monitors">stridebp.org/bp-monitors</a>).</li></ul>
<ul style="list-style-type: none"><li>▪ Monitors with provision for storage of readings in memory are preferred.</li></ul>
<ul style="list-style-type: none"><li>▪ Verify use of appropriate cuff size to fit the arm.</li></ul>
<ul style="list-style-type: none"><li>▪ If blood pressure (BP) is consistently higher in one arm, use that arm for BP readings.</li></ul>
<b>Instructions on HBPM procedures:</b>
<ul style="list-style-type: none"><li>▪ <b>Remain still:</b><ul style="list-style-type: none"><li>✓ Avoid smoking, caffeinated beverages, or exercise within 30 minutes before BP measurements.</li><li>✓ Ensure that your bladder is empty.</li><li>✓ Rest quietly for at least 5 minutes before BP measurements.</li></ul></li></ul>
<ul style="list-style-type: none"><li>▪ <b>Sit correctly:</b><ul style="list-style-type: none"><li>✓ Sit with back straight and supported (on a straight-backed dining chair, for example, rather than a sofa).</li><li>✓ Sit with feet flat on the floor and legs uncrossed.</li><li>✓ Keep arm relaxed and supported on a flat surface (such as a table), with the upper arm at heart level.</li></ul></li></ul>
<ul style="list-style-type: none"><li>▪ <b>Place the bottom of the cuff directly above the antecubital fossa (bend of the elbow).</b></li></ul>
<ul style="list-style-type: none"><li>▪ <b>Do not talk while your blood pressure is being measured.</b></li></ul>
<ul style="list-style-type: none"><li>▪ <b>Take multiple readings:</b><ul style="list-style-type: none"><li>✓ Take at least 2 readings 1 minute apart.</li><li>✓ Ideally, check your blood pressure twice a day: in the morning before taking medications and in the evening before supper.</li></ul></li></ul>
<ul style="list-style-type: none"><li>▪ <b>Check your BP regularly:</b><ul style="list-style-type: none"><li>✓ Obtain BP readings beginning 1 week after a change in the treatment regimen. Check twice daily for 5-7 consecutive days, then the frequency may be decreased.</li><li>✓ For well-controlled hypertension, check your BP twice daily once a week to once a month. Some experts recommend checking BP twice daily for 3-7 consecutive days every 3 months.</li><li>✓ You may also want to check your BP regularly during the week before a clinic visit.</li></ul></li></ul>
<ul style="list-style-type: none"><li>▪ <b>Record all readings accurately:</b><ul style="list-style-type: none"><li>✓ Monitors with built-in memory should be brought to all clinic appointments.</li><li>✓ BP should be based on an average of readings on <math>\geq 2</math> occasions for clinical decision making.</li></ul></li></ul>
<b>The information above may be reinforced with videos available online:</b>
<ul style="list-style-type: none"><li>▪ <a href="https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home">https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home</a></li><li>▪ <a href="https://targetbp.org/tools_downloads/self-measured-blood-pressure-video/">https://targetbp.org/tools_downloads/self-measured-blood-pressure-video/</a></li></ul>

BP: blood pressure; HBPM: home blood pressure monitoring.

Reproduced from: Whelton PK, Carey RM, Aronow WS, et al. 2017

ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA guideline for the prevention, detection, evaluation, and management of high blood pressure in adults: A report of the American College of Cardiology/American Heart Association task force on clinical practice guidelines. *J Am Coll Cardiol* 2017. Table used with the permission of Elsevier Inc. All rights reserved.