

BLOOD PRESSURE

Patient Log Book





What is My Target Blood Pressure?

Ideally, blood pressure should be below 120/80 mmHg to maintain good health and reduce the risk of stroke, heart disease, and other conditions. However, the target depends on factors like age, health conditions, and whether the reading is being taken at home or your health care professional's office. If you have diabetes, kidney disease or other health conditions, speak to your Pharmacist about your readings and the treatment that is right for you. Remember, only your health care professional can tell you exactly what your target blood pressure should be.

Systolic	Diastolic	Action
Below 120	Below 80	Maintain or adopt healthy behaviours.
120-139	80-89	Maintain or adopt healthy behaviours.
140-159	90-99	Adopt healthy behaviours. If goal isn't reached in a month, talk to your health care professional about taking medication(s).
160 and higher	100 and higher	Adopt healthy behaviours. Talk to your health care professional about taking medication(s).

Measuring Blood Pressure

Blood pressure can be measured at your physician's office, pharmacy, or at your home using a blood pressure monitor. Your healthcare professional will advise you on how often you should be checking your blood pressure.

It is important for you to know how to properly use your blood pressure monitor. Have your pharmacist teach you how to use the device or carefully read the instructions.

Note: Measuring your own blood pressure should not replace regular assessment by your healthcare professional.

When should I take my measurements?

- Before taking your blood pressure medication
- At least two hours after a meal
- After emptying bladder and bowels
- One hour after drinking coffee or smoking
- Thirty minutes after exercise
- Always after resting five minutes, without talking

Measuring blood pressure the right way:

- Comfortable, distraction-free environment
- Without talking or moving
- In the sitting position with back supported
- Legs uncrossed with feet flat on the floor
- Arm bare with lower edge of cuff 3cm above elbow
- Arm supported with middle of cuff at heart level

Blood pressure monitoring

Monitoring and recording your blood pressure readings is useful. Tracking your blood pressure helps guide your ongoing treatment. Keeping track also helps you to see how well your blood pressure is being controlled by your treatment and lifestyle choices.

Your healthcare professional will inform of how often and when they prefer you to have your blood pressure taken, for example daily before breakfast.

Every year, with your healthcare professional, review the technique for measuring your blood pressure properly, and check that your device is in good condition.

My Blood Pressure Log

I use my:

☐ Left arm

☐ Right arm

Target blood pressure: _____ / _____ (mmHg)

Date	Time	Systolic / Diastolic	Pulse	Notes
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		

My Blood Pressure Log

I use my:

☐ Left arm

☐ Right arm

Target blood pressure: _____ / _____ (mmHg)

Date	Time	Systolic / Diastolic	Pulse	Notes
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		

My Blood Pressure Log

I use my:

☐ Left arm

☐ Right arm

Target blood pressure: _____ / _____ (mmHg)

Date	Time	Systolic / Diastolic	Pulse	Notes
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		

My Blood Pressure Log

I use my:

☐ Left arm

☐ Right arm

Target blood pressure: _____ / _____ (mmHg)

Date	Time	Systolic / Diastolic	Pulse	Notes
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		

My Blood Pressure Log

I use my:

☐ Left arm

☐ Right arm

Target blood pressure: _____ / _____ (mmHg)

Date	Time	Systolic / Diastolic	Pulse	Notes
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		

My Blood Pressure Log

I use my:

☐ Left arm

☐ Right arm

Target blood pressure: _____ / _____ (mmHg)

Date	Time	Systolic / Diastolic	Pulse	Notes
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		

My Blood Pressure Log

I use my:

☐ Left arm

☐ Right arm

Target blood pressure: _____ / _____ (mmHg)

Date	Time	Systolic / Diastolic	Pulse	Notes
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		

My Blood Pressure Log

I use my:

☐ Left arm

☐ Right arm

Target blood pressure: _____ / _____ (mmHg)

Date	Time	Systolic / Diastolic	Pulse	Notes
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		

My Blood Pressure Log

I use my:

☐ Left arm

☐ Right arm

Target blood pressure: _____ / _____ (mmHg)

Date	Time	Systolic / Diastolic	Pulse	Notes
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		
		/		

References

Hypertension Canada

www.hypertension.ca

1-844-943-9400 (Toll-Free)

Heart and Stroke Foundation of Canada

www.heartandstroke.ca

1-888-473-4636 (Toll-Free)



This information booklet is provided to you by your pharmacist.



This booklet is provided for informational purposes only. It is not intended to replace a consultation with a healthcare professional. All treatment decisions should be made in collaboration with a healthcare professional, based on specific individual circumstances. The websites referred to in this booklet are provided only as a service to readers.