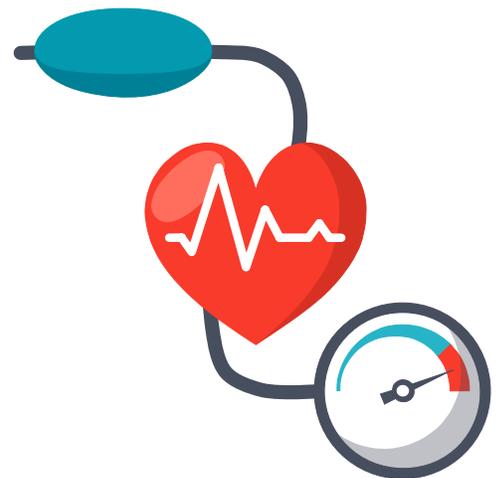


# Blood Pressure Self-Monitoring Guide

Taking your blood pressure from home can help improve your provider's ability to treat your hypertension effectively. This guide includes steps to measure your blood pressure correctly. Speak with your medical team as your clinic may have a slightly different flow.



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# What is blood pressure self-monitoring?

## Introduction Video

This video explains what self-monitoring is, how to measure your blood pressure correctly, and how blood pressure values may be used to make changes to your healthcare plan.



American Heart Association Self-Monitoring  
Blood Pressure Introduction

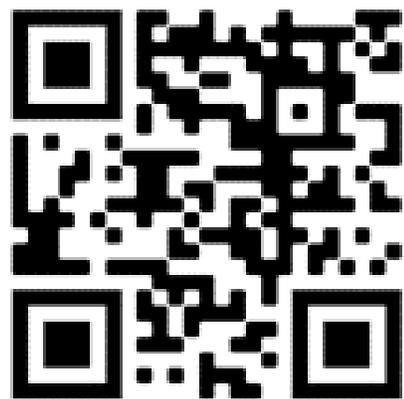
<https://www.ama-assn.org/sites/ama-assn.org/files/2019-07/SMBP-Training-English.mp4>

# What do I need to self-monitor my blood pressure?

## Validated Blood Pressure Cuffs

First, determine the correct blood pressure cuff size using the sizing guide on the next page. Your healthcare team can also help you find the right size.

When you've determined the size you need, you can purchase an approved blood pressure cuff using the QR code below. Speak to your healthcare team if you have questions or concerns.



Purchase a validated US Blood Pressure device

<https://www.validatebp.org>

# Blood Pressure Cuff Sizing Guide

## Self-measured blood pressure cuff selection



Blood pressure (BP) measurement devices with upper arm cuffs provide the most accurate measurements.<sup>1</sup> Wrist cuffs are not recommended for clinical use unless patients cannot use upper arm cuffs due to arm size or other medical reasons.<sup>1</sup> Finger devices are also not recommended for clinical use because these are less accurate than upper arm BP measurement devices.<sup>1</sup>

Below are steps to determine the appropriate upper arm cuff size. If possible, it may be easier for patients to have another person assist with the process.

### Ask patients to gather the following items

- Tape measure
- BP measurement device, cuff and manual (if device is already purchased)

### Locate mid-upper arm

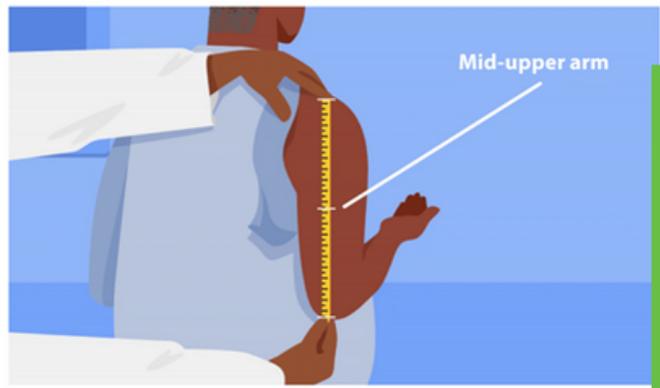
- Measure the length of the arm between the acromion process (bony protuberance on shoulder) and the olecranon process (bony protuberance at elbow).
- Divide the distance in half to locate the mid-upper arm.

### Determine arm circumference

- Wrap a tape measure around the mid-upper arm to determine arm circumference (typically measured in centimeters).

### Determine cuff size

- Based on arm circumference, determine the cuff size that is appropriate. Use this information to help with device selection. Many BP measurement devices have circumference ranges printed directly on the cuffs. This information can also often be found in the device manual or on the device box.



Arm circumference		Recommended cuff size
centimeters (cm)	inches (in)	
22-26	8.7-10.2	Small adult
27-34	10.6-13.4	Adult
35-44	13.8-17.3	Large adult
45-52	17.7-20.5	Extra-large adult

Modified from Table 3 in: Muntner P, Shimbo D, Carey RM, Charleston JB, et al. Measurement of blood pressure in humans: a scientific statement from the American Heart Association. *Hypertension*. 2019;73:e35–e66. doi: 10.1161/HYP.0000000000000087.

What do I need?

**Disclaimer:** This document is for informational purposes only. This document is not intended as a substitute for the medical advice of a physician; it offers no diagnoses or prescription. Furthermore, this information should not be interpreted as setting a standard of care, or be deemed inclusive of all proper methods of care, nor exclusive of other methods of care reasonably directed to obtaining the same results. This protocol reflects the best available evidence at the time that it was prepared. The results of future studies may require revisions to the recommendations in this protocol to reflect new evidence, and it is the clinician's responsibility to be aware of such changes.

1. Muntner P, Shimbo D, Carey RM, et al. Measurement of blood pressure in humans: a scientific statement from the American Heart Association. *Hypertension*. 2019;73(5):e35–e66. doi: 10.1161/HYP.0000000000000087.

# How do I measure my blood pressure?

## How-To Video

This video will walk you through the steps to accurately measure your blood pressure.



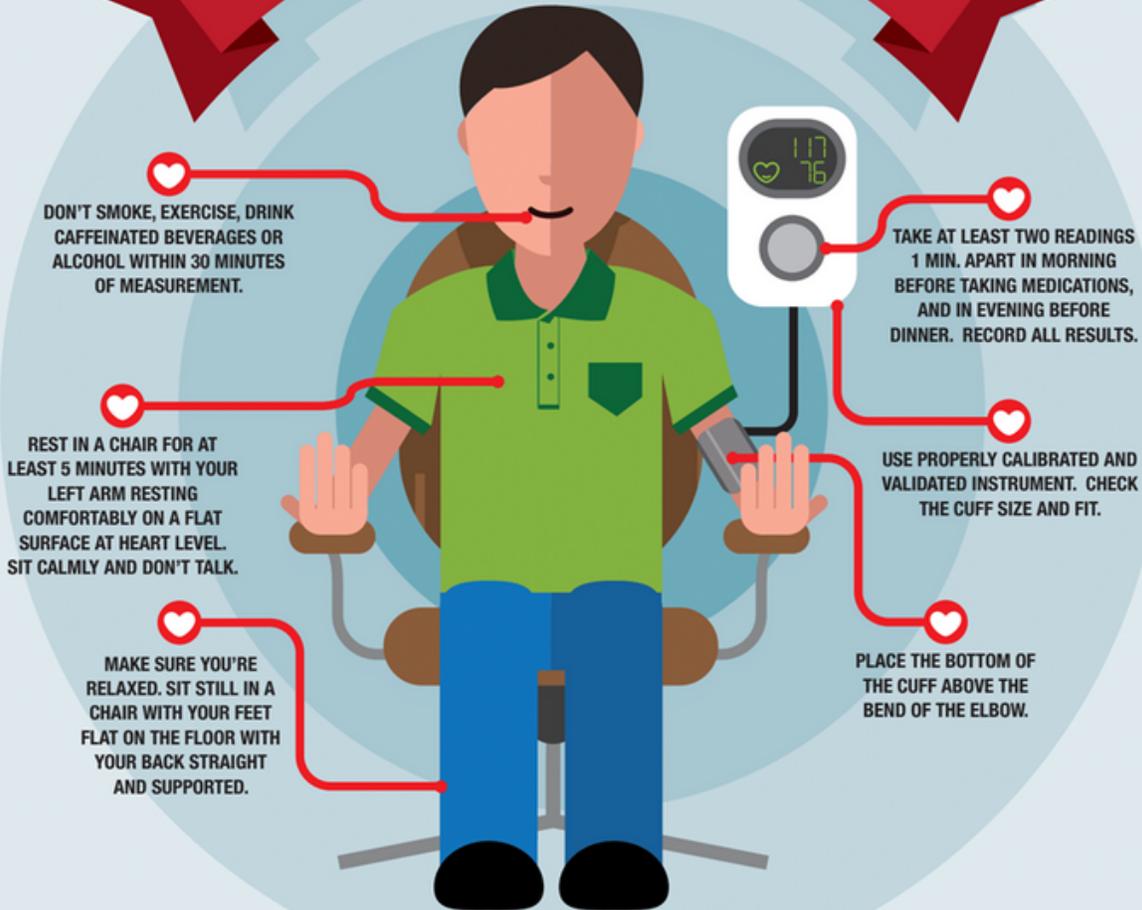
#FromTheHeart: Know Your Numbers video

<https://www.youtube.com/watch?v=4B0IKjkt9Y&t=42s>



American Heart Association.

# BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



## American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



\* Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

LEARN MORE AT [HEART.ORG/HBP](http://HEART.ORG/HBP)

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How do I measure my blood pressure?

# Steps to Self-Monitor Your Blood Pressure

1. Sit quietly for five minutes. (Be sure that you haven't smoked, exercised, or drank caffeinated or alcoholic beverages within the last 30 minutes.)
2. Put the blood pressure cuff on your arm, just above the elbow. Rest your arm with your palm facing up.
3. Measure your blood pressure.
4. Record your blood pressure values. (See pages 8–9 for a log you can use.)
5. Wait one minute. Then repeat steps 3 and 4.
6. Report your blood pressure values to your healthcare team via phone, email, or through your patient portal. Ask your team how they prefer values to be reported.



# Self-measured blood pressure: Seven-day recording log



**Instructions:** Complete the information below each time you take a measurement. It is best to take two measurements in the morning and two measurements in the evening for a week. If you miss any blood pressure measurements, leave that section blank and continue for the next time.

**Blood pressure arm:**  Left  Right (check one)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Morning ☀</b> 1 SYS   DIA   (Date) PULSE						
2 SYS   DIA   (Date) PULSE Notes						
<b>Evening ☾</b> 1 SYS   DIA   (Date) PULSE						
2 SYS   DIA   (Date) PULSE Notes						

**For office use**

Patient name: \_\_\_\_\_

Patient ID: \_\_\_\_\_

PCP: \_\_\_\_\_

SMBP average: \_\_\_\_\_ SYS / \_\_\_\_\_ DIA

**Report back results by:**

Appointment

Phone

Email

Patient Portal

Other \_\_\_\_\_

**Important information**

Please call your doctor's office if:

- Your blood pressure is above \_\_\_\_\_ SYS or \_\_\_\_\_ DIA
- Your blood pressure is below \_\_\_\_\_ SYS or \_\_\_\_\_ DIA
- You have symptoms that concern you or have a question about your blood pressure.

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How do I measure my blood pressure?

# References

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