

Patient education for HBPM

All patients undertaking HBPM should receive adequate education and training/teaching. At a minimum, this should consist of information relating to:

- The importance of using a validated and calibrated monitor, with the right sized cuff
- Where the blood pressure cuff should be positioned on the arm
- How to sit when taking blood pressure readings (e.g. feet flat on the floor, back and arm supported)
- Factors that may affect the accuracy of blood pressure readings (e.g. exercise, caffeine, smoking, eating food)
- The importance of taking more than one blood pressure measurement each time, leaving at least a minute in between each measurement
- How long for, how often and at what time of day blood pressure measurements should be taken
- How to document blood pressure readings and share them with a healthcare professional. This should include the importance of not rounding readings up or down and recording the time at which medications are taken
- The potential for there to be natural variation in blood pressure readings
- The circumstances under which individuals should contact a healthcare professional (and how they should do this)
- The importance of not checking blood pressure too often

- The importance of continuing to take medication as prescribed, regardless of home blood pressure readings
- If the monitor has been loaned, the importance of caring for and returning the equipment