

COUNSELING AFRICAN AMERICANS IN TREATMENT & CONTROL OF HYPERTENSION (CAATCH) STUDY

How to Take Your Blood Pressure:

In order to produce accurate blood pressure measurements, you should:

- Relax for about 1 to 2 minutes before measurement.
- Unless your physician tells you otherwise, use left arm to measure pressure.
- Remove tight clothing or roll up loose shirt sleeves.
- Measure your blood pressure at about the same time each day.

To measure your blood pressure, follow these simple steps:

1. Sit comfortably with arm resting on a flat surface so that center of upper arm is at about same height as your heart. If someone else is taking your blood pressure, you may lay down.
2. Thread cuff end through loop and slide cuff onto arm so that bottom edge of cuff is about an inch from elbow crease.
3. Pull on cuff end to tighten it, fold back and fasten Velcro.
4. This monitor will automatically inflate to the correct level if the pressure switch is set to a number 30 mmHg above expected systolic pressure. If the switch is too low the monitor will deflate and reinflate to the correct higher level. To eliminate reinflation, we recommend pre-setting the switch to the correct level as follows:

Usual Systolic	Set at
Up to 120	150
121-150	180
151-180	210
181-210	240
211+	See NOTE

NOTE: If systolic is greater than 210 please press and hold the START button until the pressure reaches 30 mmHg higher than your systolic reading. The maximum cuff pressure is set at 320 mmHg. If it reaches 320 mmHg, the auto exhaust will be triggered and cuff pressure will deflate to 0.

5. Press the START button.
6. Sit quietly as cuff inflates. It is normal for cuff to feel very tight. All display symbols appear briefly. As cuff pressurizes, blinking numerals—starting at zero—are displayed. When inflation is complete, the MEASUREMENT IN PROGRESS symbol (man's head wearing stethoscope) blinks and beeps with each pulse beat.

NOTE: If you wish to stop inflation at any time, press START button again.

7. Wait for the long beep, indicating that measurement is complete. The systolic and diastolic pressure readings and pulse rate are then displayed. The cuff deflates and the monitor shuts itself off after a few moments, or you can turn it off by pressing the START button.
8. Remove cuff and make a note of your blood pressure (systolic and diastolic) and pulse rate, indicating the date and time.
9. Wait about 5-10 minutes, then repeat steps 5-8 two more times.

Please remember to bring your diary pages to your next Study Visit.

If any problems should arise, contact:

_____ at _____ - _____ - _____

Home Blood Pressure Monitor Diary Entry Form

NOTE: For each reading, tell us your location: Home – “H”, Work – “W”, Other – “O”

WEEK 1

Date (__/__/__)	Time	BP 1	BP 2	BP 3	Location
Morning	:	/	/	/	
Evening	:	/	/	/	

Date (__/__/__)	Time	BP 1	BP 2	BP 3	Location
Morning	:	/	/	/	
Evening	:	/	/	/	

Date (__/__/__)	Time	BP 1	BP 2	BP 3	Location
Morning	:	/	/	/	
Evening	:	/	/	/	

WEEK 2

Date (__/__/__)	Time	BP 1	BP 2	BP 3	Location
Morning	:	/	/	/	
Evening	:	/	/	/	

Date (__/__/__)	Time	BP 1	BP 2	BP 3	Location
Morning	:	/	/	/	
Evening	:	/	/	/	

Date (__/__/__)	Time	BP 1	BP 2	BP 3	Location
Morning	:	/	/	/	
Evening	:	/	/	/	

WEEK 3

Date (__/__/__)	Time	BP 1	BP 2	BP 3	Location
Morning	:	/	/	/	
Evening	:	/	/	/	

Date (__/__/__)	Time	BP 1	BP 2	BP 3	Location
Morning	:	/	/	/	
Evening	:	/	/	/	

Date (__/__/__)	Time	BP 1	BP 2	BP 3	Location
Morning	:	/	/	/	
Evening	:	/	/	/	

WEEK 4

Date (__/__/__)	Time	BP 1	BP 2	BP 3	Location
Morning	:	/	/	/	
Evening	:	/	/	/	

Date (__/__/__)	Time	BP 1	BP 2	BP 3	Location
Morning	:	/	/	/	
Evening	:	/	/	/	

Date (__/__/__)	Time	BP 1	BP 2	BP 3	Location
Morning	:	/	/	/	
Evening	:	/	/	/	