



Home Blood Pressure Monitoring

Target audience:
Patients of BC's Kidney Care Clinics

April 2021

Learning Objectives

- What is Blood Pressure (BP)?
- Benefits of home BP monitoring
- Understanding BP results
- BP devices
 - What to buy
 - Where to buy
 - Checking the device
- Taking a BP reading
- Recording BP results
- Your target BP
- What to do if BP reading is out of range

What is Blood Pressure?



- Blood pressure (BP) measures how hard your blood pushes against the arteries when moving through the body.
- The force of the blood flow allows for nutrients and oxygen to be delivered to organs and tissues.
- BP control is particularly important for patients with kidney disease. When BP is not well controlled, it can cause health issues, including a reduction of kidney function over time.

Home Blood Pressure Monitoring

Monitoring your BP at home helps predict your health better than office monitoring, as it:

- Is more reliable:
 - You can follow a consistent process (resting before, limiting activities which may increase BP)
 - Some people's BP gets higher when they see a care provider, known as a 'white coat effect'
- Helps identify trends in your BP
- Helps track your BP response to changes in your care plan such as diet, medications and exercise



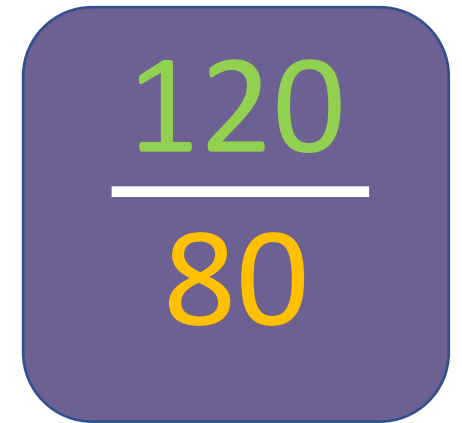
Understanding Blood Pressure Results

Systolic BP

The top number indicates the pressure of blood against the artery walls when the heart beats.

Diastolic BP

The bottom number indicates the pressure of blood against the artery walls when the heart is at rest.



Blood Pressure Device

- Choose a device 'Recommended by Hypertension Canada' (both gold and silver logos are acceptable)



- Purchase from a pharmacy or store selling health care equipment and ask if they can show you how it works (if not, bring it to your next kidney care clinic visit)
- A device does not have to be expensive to be good

Blood Pressure Device

- It is important that the cuff fits properly. Ask your kidney care team what size cuff to buy
- Contact your health insurance provider before purchasing to see if you have coverage. If not, keep your receipt as you may be able to claim a tax credit
- Your kidney care team can provide a prescription for your insurance provider if needed



Blood Pressure Device



- Choose a device that measures BP in your upper arm
- If you have special needs, discuss options with your kidney care team
- You can share your BP device with others, but ensure that:
 - each person tracks their own results
 - if you share a cuff, the cuff size must be correct and cleaned with a disinfectant wipe between uses

Blood Pressure Device



BP devices require checking before first use, at least once per year, and if dropped or damaged.



If you bring your device to the kidney care clinic, your doctor, nurse or pharmacist can compare the measurement taken on your device with their clinic device.

Taking Your Blood Pressure & Heart Rate



- Your kidney care team will suggest how often and the best times to take your BP and heart rate
- You may be asked to measure your BP and heart rate more often for a short period of time, or at specific times of the day

Taking Your Blood Pressure & Heart Rate

When planning to take a BP reading:

- Wait at least one hour after drinking coffee and smoking and 30 minutes after exercise as these can increase BP
- If you take BP medications, ask your kidney care team about the best time to take your BP



Rest quietly for 5 minutes before starting.

- Consider doing relaxation exercises beforehand

Take two BP readings 1 minute apart, record both results

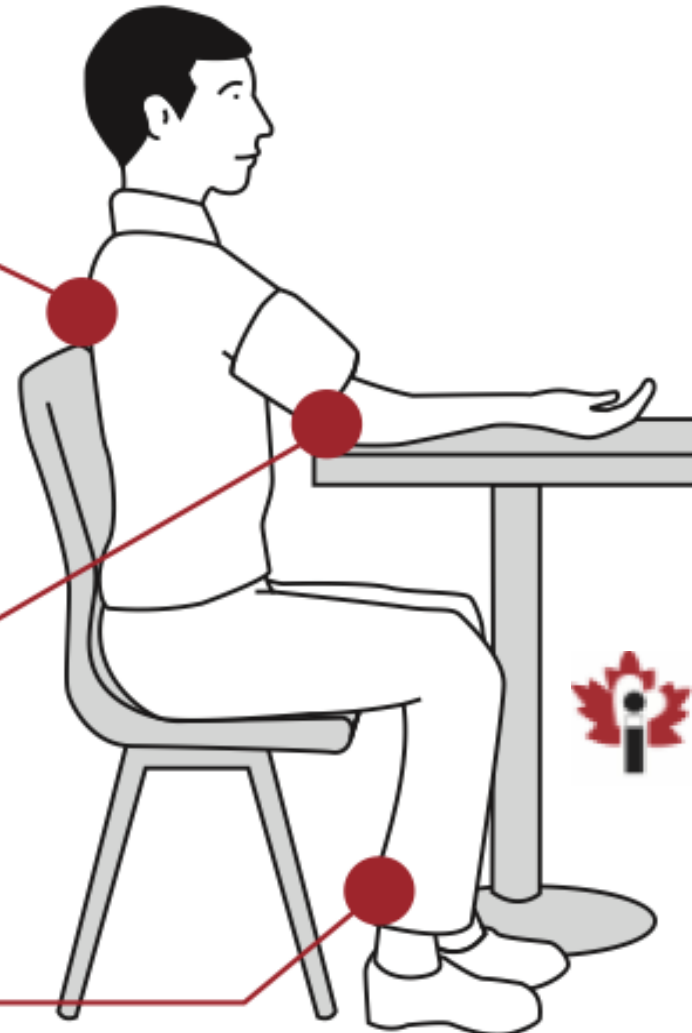
Ask your kidney care team if there is a specific time

Of day you should take your BP.

Taking Your Blood Pressure



- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for your arm
- ✓ Middle of the cuff at heart level
- ✓ Lower edge of cuff 3 cm above elbow crease
- ✓ Do not talk or move before or during the measurement
- ✓ Legs uncrossed
- ✓ Feet flat on the floor



Taking Your Blood Pressure



Get
into position...

Sit back

Sit quietly

Feet on
floor



No
bulky/tight
clothing
(use your bare arm)



Rest arm at
heart level



Click on
the arrow
to play
this 2-
minute
video
(be
patient, it
takes
time to
load)

https://www.heartandstroke.ca/heart-disease/risk-and-prevention/condition-risk-factors/high-blood-pressure?gclid=Cj0KCQiAv6yCBhCLARIsABqJTjbfzNSZWkYrLrjnNO6OFN8Uiapdt13M_kGg6W6AIJ3t4MD61KhchoaAu3pEALw_wcB&gclsrc=aw.ds

Taking Your Blood Pressure

Now that you are ready:

1. Most machines have a visible 'START' button, press this
2. You will hear a humming noise as the cuff inflates
3. Keep your arm still as the cuff inflates and deflates
4. When it is complete, the results will appear in the screen
5. Rest for a full minute, then repeat the measurement
6. When complete, remove and clean the cuff



Record Your Blood Pressure and Heart Rate

Ask your kidney care team how to share your readings.



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Write your results in your calendar or on a BP log.

Record how you are feeling at the time you take your BP and if there are any other things that might impact your BP such as stress, diet or activity changes.

Record any changes to your BP medications or schedule (include missed doses).

Sample BP log (Hypertension Canada website):

https://hypertension.ca/wp-content/uploads/2019/03/HTC_HomeBPLog_ENG_PREVIEW.pdf

Example of a Blood Pressure Record

Record:

- Date
- Time
- How you are feeling/time BP medication was taken
- Systolic (the top number)
- Diastolic (the bottom number)

Repeat after one minute. Record both results.

Date		Time	Comments	Heart Rate (beats/min)	BP Reading #1		BP Reading #2	
					Systolic	Diastolic	Systolic	Diastolic
June 15	Sample Morning	8:00 a.m.	Meds at 9 a.m.	72	138	82	135	80
	Sample Evening	8:00 p.m.	Upset	90	157	92	154	90

Your Blood Pressure Target

- Discuss what your exact BP target is with your kidney care team.
- If you get an unusually high or low reading, wait 5 minutes and test again



Blood pressure target:

My blood pressure target is:

Date:

When to Contact Your Kidney Care Team or Your Primary Care Provider

Situation	What to do
If BP is more than 10 mm Hg above or below target (top or bottom number) over several readings and days	Contact your Kidney Care Team or primary care provider. Do not wait for your next appointment
If BP is less than 10 mm Hg above or below target (top or bottom number) over several readings and days	Bring this up at your next appointment with your Kidney Care Team or primary care provider

When to Seek Medical Assistance Immediately

Situation	What to do
<p>BP is higher or lower than target by 10 mm Hg AND you are experiencing</p> <ul style="list-style-type: none">• chest pain• shortness of breath• back pain• numbness/weakness• light headedness/dizziness• change in vision• difficulty speaking	Seek medical assistance immediately
<p>Your systolic (top) BP is above 180 or your diastolic (bottom) BP is above 110 even if you are not experiencing symptoms</p>	Seek medical assistance immediately

Remember...



- Take all your medications as prescribed, even when your BP is within your target range
- Talk to your kidney care team before changing any BP medications
- A healthy diet is key to maintaining healthy BP, talk with your kidney care team before making major diet changes
- Home BP monitoring is **NOT** a substitute for clinic visits

Remember...



Monitoring your BP at home offers many benefits:

- Recognize ‘white coat effect’
- Is more reliable as you can follow a consistent process
- Helps you track your BP response to changes in your care plan such as diet, medications and exercise

Remember...



- Your BP may fluctuate during the day. Your health care provider may suggest other methods to measure your BP
- Your BP is impacted by many factors including diet and hydration, medications and activity levels, including stress

Your kidney care team can provide resources for you to assist with these.

Remember...



You are the most important person managing your health.

Our kidney care team sees you infrequently.

You care for yourself 24 hours per day, 7 days per week.

We (Kidney Care Team) are a resource to you, but you are the person with the ultimate control...we advise, you decide.

THANK YOU

for taking part in your care, contact us
at any time if you have questions



References

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