

# Ambulatory Blood Pressure Monitoring (ABPM)

## 24 Hour ABPM Activity Record

Patient's Name:

Date:

Doctor's Name:

Service Provider / Clinic:

### Please remember:

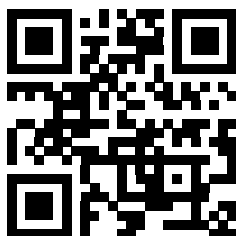
1. Do not move during cuff inflation (except if driving or using public transport).
2. Do not shower or take a bath during the 24 hour period. Sponge bath or using baby wipes is OK.
3. Avoid vigorous exercise & going to gym.
4. If you are taking any kind of medication, please list the time and medication in the comments section below.
5. Record posture, sleep times, activity, and any comments in the table below.
6. Contact your clinic if you have concerns or equipment problems.

For the next 24 hours, your heart rate and blood pressure will be measured at 20-30 minute intervals during the day and night. When the measurement is happening, the unit will pump air into the cuff and slowly inflate, getting tighter around your arm. You may feel some numbness or tingling as the cuff gets tighter. The cuff will then slowly deflate, and the tightness will reduce. When you feel the cuff getting tighter, it's important to stop and rest until the measurement is complete. Each reading usually takes 30-40 seconds.

Time	Posture (✓)			Activity (e.g. walking, watching TV, driving, eating, exercising, sleeping)	Notes (e.g. medication info, stressful day at work, caffeine intake)
	Standing	Sitting	Lying		
8.30am	✓			Walking the dog	
10am		✓			Had a coffee

### Managing Hypertension: Patient's Perspectives

Scan the QR code to view real patient's perspectives on hypertension management, and to download additional activity record sheets.



### My next GP visit is...

Clinic:

Doctor:

Date/Time:

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