

## Advice Sheet for 24-hour ABPM Investigation

Dear Patient,

This important investigation will measure your blood pressure at regular intervals over a 24-hour period while you carry out your normal day-to-day activities. 24 hour blood pressure monitoring gives a better picture of what your blood pressure is, during the day and night, away from a medical setting. The results will help your doctor decide what course of action is best for you.

The monitor will take a measurement every 30 minutes during the day and night and it will give a warning beep before it takes a measurement during the day but not during the night. You should receive adequate explanation on the ABPM procedure from the pharmacy staff. However, if you are unsure of anything, please ask your question before leaving the pharmacy. **Please complete the diary information on the following page and return along with the monitor after the 24-hr period.**

### What should I do during a measurement?

When you hear a beep you should **keep your arm completely still**, horizontal and level with your heart while resting it on something i.e. your hand, table. You will feel the cuff inflate and squeeze your arm. Once the device finds your blood pressure it will progressively deflate. The monitor may repeat a measurement if it fails on the first attempt. You can pursue your normal activities between measurements. The device may not display your blood pressure readings at all or after a certain period of time.

### Can I take off the cuff?

The cuff should **NOT** be removed during the 24-hour period. If the cuff becomes too loose, the monitor will not be able to take an accurate measurement.

### The cuff seems very tight.

The cuff will be applied tightly, as acceptable for the patient. A loose cuff will cause much longer measurement times and possibly aborted measurements. This causes inconvenience for you and results in less data for evaluation.

### Night-time measurements.

You should **NOT** take the device off at night. The device does not disturb the majority of people and you are unlikely to wake up due to the taking of measurements. You may wish to remove the waist/shoulder strap and place the device under the pillow or on the bed while you are sleeping. Place on the same side of the bed as the arm with the cuff. Please place the device in a position so that the tube from the cuff to the device is not impeded.



**Please do NOT shower or bath with the device and cuff on.**

### Return of Monitor

Please return to the pharmacy at the appointed time and receive your dabl® ABPM report.

Further information on hypertension (high blood pressure) is available in the Education section of the dabl® website [www.dabl.ie](http://www.dabl.ie).



# PATIENT DIARY

## 24 Hour Blood Pressure Monitoring

Please complete the details below and return to the pharmacy with the 24-hr ABPM device:

Full Name: \_\_\_\_\_

Date: \_\_\_\_\_

### MEDICAL CONDITION:

**Diabetes Mellitus:**  No  Yes **If so, please select the type:**  Type 1  Type 2  Unknown

**Heart Failure:**  No  Yes

**Renal Failure:**  No  Yes

### Antihypertensive Medication:

- Yes, on antihypertensive medication
- No, not on antihypertensive medication for over 4 weeks
- Never on antihypertensive medication

### ACTIVITIES AND PROBLEMS DURING THE 24 HOUR BLOOD PRESSURE MEASUREMENT:

#### Daytime Activity:

- Bed rest (confined to bed)
- Passive leisure day (i.e.: Sedentary)
- Active leisure day (e.g.: Sport, shopping, moving activities, etc)
- Mental-work day (i.e.: involves limited movements)
- Physical-work day (i.e: involves movements)

#### Quality of Sleep:

- Normal
- Disturbed
- Very disturbed

**Bed Time:** \_\_\_\_\_

**Rising Time:** \_\_\_\_\_

Please note any event or perceived problems (e.g.: headache, intolerance to the monitor, etc) during your 24-hr ABPM:

TIME	ACTIVITY/PROBLEM