

Home BP Monitoring For Pregnant Women

1. When to recommend home BP monitoring:

- a. *At the 1st visit when there is a history of high BP predating the pregnancy OR hypertension ($\geq 140/90$ mmHg) is discovered at the clinic – in this case 24 hr ambulatory BP monitoring (ABPM) is best, but if that's not feasible then recommend home BP monitoring, as below. To arrange 24 hr ABPM call our Hypertension Nurse Jenny on 91132621*
- b. *Any woman being seen because she is 'at risk' for recurrent pre-eclampsia/gestational hypertension should have either home BP monitoring or see her GP in between visits to RAP clinic for additional monitoring*
- c. *All women with chronic hypertension or white-coat hypertension (WCH) should have home BP monitoring throughout their whole pregnancy*
- d. *Women with established GH or PE who are being managed as outpatients will benefit from home BP monitoring but for many of them it's not financially sensible to buy a device they'll use for just a couple of weeks.*

2. **There are 2 options** – 24 hr (ABPM) – usually ordered & arranged by the Obstetric Medicine physicians, or (more commonly) women obtain a home BP (HBP) device from a chemist, friend, relative etc.

3. To do home BP monitoring

- a. The devices validated for pregnancy by BHS are not always easy to obtain but 75% of all monitors are valid. So best to purchase whichever device the pregnant woman wishes, then ideally check that device reading with her GP or with the midwife at clinic.
- b. Many devices will now come with a multi size cuff but if not please ensure a 'large cuff' is purchased if the mid upper arm circumference is ≥ 33 cm
- c. **Each time, take 3 readings, seated**, using the same arm every time:
 - i. Ignore reading #1
 - ii. Take 2 more readings 1 minute apart and average those 2 readings
 - iii. Do this morning and evening any 3 days per week
 - iv. Keep a record of the readings – dates, time & reading – on phone or paper
 - v. Average all those readings and bring to each clinic visit

4. Home or 24 hr ABPM BP < 135/85 mmHg is considered adequate BP control in pregnancy

Surname _____ First Name _____

MRN _____ DOB _____

HOME BLOOD PRESSURE (BP) MEASUREMENTS in Pregnancy

1. Measure blood pressure 3 times in the morning (before medications) and 3 times in the evening. Ensure you are rested and allow 1 minute between readings.
2. Ignore the 1st reading each time and average the next 2 readings.
3. Record the average measurements in the table below
4. Do this for any 3 days in the week
5. Average out the morning BPs and the evening BPs at the end of the week.

Acceptable BP AT HOME (AVERAGE) in Pregnancy is <135/85mmHg

<i>Date</i>		<i>Morning</i> <i>(2 readings, 2 min apart)</i>	<i>Evening</i> <i>(2 readings, 2 min apart)</i>
	<i>Day 1</i>		
	<i>Day 2</i>		
	<i>Day 3</i>		
	<i>Average of the 3 days</i>		
	<i>Day 1</i>		
	<i>Day 2</i>		
	<i>Day 3</i>		
	<i>Average of the 3 days</i>		