

Blood Pressure Monitoring Chart **血压记录表**

Name 姓名: _____

Appointment Date / Time 预约日期/时间: _____

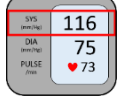
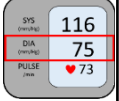
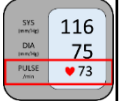
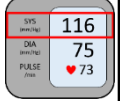
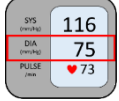
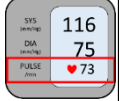
- Please bring this form and your blood pressure machine at your next appointment. 请记得带血压记录表和血压器。
- Please record your blood pressure in the morning and evening daily for 7 days before your next appointment. 请您在下次预约之前的七天内每天早晚测量您的血压。
- Please measure your blood pressure twice a week. 请每周测量血压两次。

Weight Monitoring 体重记录表

Please take your weight monthly
请每月测量体重一次

Height : _____ m
身高

Ideal Weight _____ kg
理想体重:

Date 日期	Morning 早上			Evening 傍晚			Remarks (state possible reason(s) when blood pressure low, high or very high) 备注		
	Time 时间	Systolic BP (mmHg)	Diastolic BP (mmHg)	Heart/Pulse Rate	Time 时间	Systolic BP (mmHg)		Diastolic BP (mmHg)	Heart/Pulse Rate
									

Date 日期	Weight (kg) 体重

Blood Pressure Reading (mmHg)	Systolic	Diastolic
Very Low 非常低	Less than 90	Less than 60
Low/Low Normal 低/偏低	90 - 99	60 - 69
Your Home BP Target *		
<input type="checkbox"/>	≥ 80 years old 80岁或以上	< 145/85
DM 糖尿病	<input type="checkbox"/> No proteinuria 无蛋白尿	< 135/75
	<input type="checkbox"/> Micro/ Macroalbuminuria 微量/巨量蛋白尿	≤ 125/75
Non-DM 无糖尿病	<input type="checkbox"/> No proteinuria 无蛋白尿	< 135/85
	<input type="checkbox"/> Micro/Macroalbuminuria 微量/巨量蛋白尿	≤ 125/75
High 高	140 - 159	90 - 99
Very High 很高	160 - 179	100 - 109
Extremely High 非常高	≥180	≥110

*Home BP targets are generally 5mmHg lower than BP targets in clinic. 家中自我测量血压的标准一般比诊所的标准低5毫米汞柱(5mmHg)。

Please check with your healthcare provider on your target BP. 请与医护人员查询您的理想血压标准。

Correct Way of Taking Blood Pressure

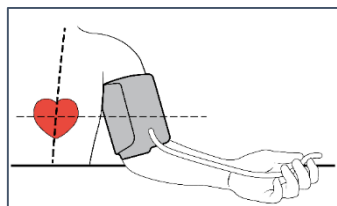
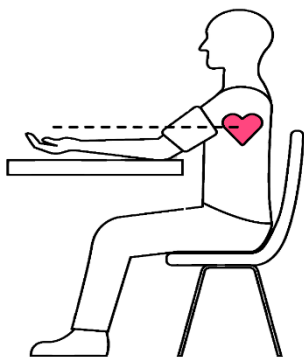
准确地测量血压

①



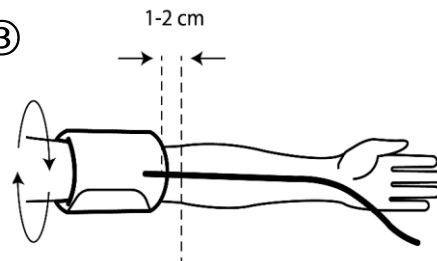
- Please do not smoke, consume food or any drinks containing caffeine or exercise 30 minutes before taking blood pressure.
- 在测量血压的30分钟前，请不要吸烟、运动、进食、或饮用含有咖啡因的饮料。

②



- Sit upright with your back straight.
- The arm cuff should be placed on your arm at the same level as your heart.
- Relax your hand.
- Sit comfortably on a chair with your feet flat on the floor.
- 身体坐直，不要向前倾。
- 测量器的袖带应与心脏同一高度。
- 手掌心向上，并且放松。
- 双脚平地，不要跷脚。

③



- Cuff to be 1 to 2cm above elbow.
- Air tube to run down arm, in line with middle finger.
- 袖带口应高出肘部1到2cm。
- 充气管与中指行成直线。

④



- Avoid moving or talking when taking measurement.
- 在测量过程不要移动或说话。



You should measure your blood pressure:

- 1) In the morning and evening for at least 4 - 7 consecutive days
- 2) Always repeat the measurement at least 2 minutes later

Follow steps 1 and 2 more frequently if you wish, but especially when:

- There are changes to your blood pressure medication
- You are feeling unwell

测量血压应该：

- 1) 在早上和傍晚时分，持续4到7天。
- 2) 在第1次测量后的2分钟，进行第2次的血压测量。

您可以随意增加测量次数，尤其当你：

- 更换了高血压的药物。
- 身体感到不适。