



BLOOD PRESSURE MEASUREMENTS AT HOME

Instructions

Blood pressure tends to vary considerably throughout the day. Unfamiliar situations, such as examinations, may cause blood pressure to rise above the normal level. Therefore measurements taken at home are able to give a more reliable picture of the average level of blood pressure. In the Health 2011 Survey blood pressure measurements are taken at the examination site and complemented with home measurements to give a more accurate estimate of the true blood pressure level.

Home measurements are carried out using a simple Omron M6 blood pressure monitor. The monitor and instructions will be given to participants at the end of the examination by a research nurse.

Instructions

The home blood pressure monitor is powered by four size AA batteries. The study nurse has placed the batteries into the monitor and checked that the monitor functions properly before handing it out. A more detailed manual can be found inside the monitor box.

The measurements are performed daily for the duration of one week (that is on seven consecutive days). Results are entered on the result sheet given out with the monitor. On each day the measurements are performed in the morning as well as in the evening. Morning measurements should be performed approximately between 6 AM and 9 AM after completing the ordinary morning tasks but before breakfast. Evening measurements should be performed between 6 PM and 9 PM at approximately the same time each day.

Before each measurement you should abstain from smoking, eating and drinking (apart from water) and strenuous physical exercise for 1 hour. However, do take all regular medication in the normal manner despite the blood pressure measurements.

The measurements are carried out in sitting position and taken from the non-dominant arm (that is the left arm for the right handed and the right arm for the left handed). Do not place the cuff over clothes and make sure you remove tight-fitting clothing or tight rolled up sleeves from the upper arm. Insert the chosen arm through the cuff and place it so that the bottom edge of the cuff is 2-3 cm above the bend of the elbow. Close the fabric fastener firmly. A black arrow on the bottom edge of the cuff should be located in front and above the bend of the elbow. More detailed instructions on applying the cuff can be found in the manual.

Before starting the measurements you should sit down to rest for approximately 10 minutes of which five minutes can be spent sitting in the correct measuring position with the cuff fastened around the arm. Choose a sturdy chair with back support. Place the chair next to a table so that the arm chosen for the measurement can be rested on the table. The arm should be placed with the palm facing upwards. Sit with your back supported on the backrest of the chair. Legs should not be crossed. Avoid conversation and other disturbances while taking the measurements.

Begin the measurement by pressing the O/I START button. Within a moment the cuff will start to inflate automatically. The measurement is finished when the result of your blood pressure and pulse appear on the screen. The upper score signifies the systolic (higher) blood pressure (SYS mmHg) while the lower score indicates the diastolic (lower) blood pressure (DIA mmHg). The lowest score stands for your pulse (PULSE/min). Please record these results onto the result sheet given to you. Press the O/I START button again to turn the device off. The measurement is repeated in the same manner after two minutes of resting. Record the results of the second measurement as well.

The measurements are taken and results recorded in the manner described above in the morning and in the evening for seven consecutive days.

In case you have problems with the device please see the manual enclosed in the monitor box.

After finishing the measurements

When you have finished taking the blood pressure measurements for seven consecutive days you should return the device and the result sheet without delay to The National Institute for Health and Welfare (Terveyden ja hyvinvoinnin laitos, THL). Return the device and the result sheet in the reinforced envelope given to you at the examination. The postage has been prepaid.

In case you find the blood pressure monitor suitable for your needs and wish to purchase it, the price of the device is 50 €. In this case, please fill in the attached form and send it together with the result form to The National Institute for Health and Welfare. You will then be sent an invoice by mail and you can keep the monitor.

More information on taking the blood pressure measurements, the function of the device and claiming the monitor is given by research nurse Ulla Leskinen, phone number 020 610 8611, e-mail: ulla.leskinen@thl.fi

Thank you for participating in the Health 2011 Survey!

FORM FOR CLAIMING THE OMRON M6 BLOOD PRESSURE MONITOR

You have the opportunity to claim the device for your own use. The price of the monitor for you is 50 €. The original price of the monitor is 119 €.

The warranty period of the device is 6 years.

Fill in the form found below in clear handwriting. The form is returned to the National Institute for Health and Welfare (Terveysten ja hyvinvoinnin laitos, THL) together with the result sheet of your blood pressure measurements.

Yes, I wish to buy the Omron M6 blood pressure monitor I have been using for the price of 50 €.

First name: _____

Last name: _____

Address: _____

Phone number: _____

You will be sent an invoice after your order has been processed.