

Patient Event Diary

for Ambulatory Blood Pressure Monitoring (ABPM)



Name: _____ Date: _____

1. The device is programmed to operate automatically at scheduled times, every _____ minutes during the day and every _____ minutes at night.
2. Once the cuff starts to inflate, do not move during the measurement. Hold your arm relaxed beside your body.
3. At night, unclip the belt, leave the monitor in the pouch and place it beside your pillow. The device should remain beside the pillow. Leave the cuff on your arm as instructed.
4. You can record extra measurements by pushing the **start/stop** (orange) button twice. Use extra measurements for any unusual symptoms you may experience.
5. As a safety feature, if you need to stop the inflation, press the start/stop (orange) button while the cuff is inflating. Please remember not to move, the monitor will reattempt another measurement in two minutes.
6. Complete the activity diary during the monitoring session using the Event Number Guide. Record your activity with the appropriate number at 30 minute intervals.
7. Record the time when you take your blood pressure medication and/or if you have unusual symptoms or feel ill.

Event Number Guide

- | | |
|---------------------------|-----------------|
| 1 = Working | 6 = Watching TV |
| 2 = Walking | 7 = Relaxing |
| 3 = Exercise (what kind?) | 8 = Sleeping |
| 4 = Driving | 9 = Medication |
| 5 = Eating | 10 = Other |

Time	Event	Time	Event
8:00-8:30		20:00-20:30	
8:30-9:00		20:30-21:00	
9:00-9:30		21:00-21:30	
9:30-10:00		21:30-22:00	
10:00-10:30		22:00-22:30	
10:30-11:00		22:30-23:00	
11:00-11:30		23:00-23:30	
11:30-12:00		23:30-24:00	
12:00-12:30		00:00-00:30	
12:30-13:00		00:30-01:00	
13:00-13:30		01:00-01:30	
13:30-14:00		01:30-02:00	
14:00-14:30		02:00-02:30	
14:30-15:00		02:30-03:00	
15:00-15:30		03:00-03:30	
15:30-16:00		03:30-04:00	
16:00-16:30		04:00-04:30	
16:30-17:00		04:30-05:00	
17:00-17:30		05:00-05:30	
17:30-18:00		05:30-06:00	
18:00-18:30		06:00-06:30	
18:30-19:00		06:30-07:00	
19:00-19:30		07:00-07:30	
19:30-20:00		07:30-08:00	

Careful completion will help the physician evaluate the data recorded. Do not forget to record when you wake up _____ and go to sleep _____