

PLANK 5

TOOL: BP Tracking Sheet (Fletcher Allen Healthcare/University of Vermont)

BP TRACKING SHEETS AND TABLE FOR ASSESSING IF BP WAS AT GOAL FOR PATIENTS PARTICIPATING IN THE PATIENT DIRECTED ARM

IS MY BLOOD PRESSURE AT GOAL

RECORD YOUR BLOOD PRESSURE

Write a "1" in column 1 (green) if your SBP is 130 or lower

Write a "1" in column 2 (red) if your SBP is higher than 130

Date	Time	SBP Systolic (Top)	DBP Diastolic (Bottom)	Pulse	Column 1	Column 2
					SBP 130 or Lower	SBP Higher than 130
	Am					
	Pm					
	Am					
	Pm					
	Am					
	Pm					
	Am					
	Pm					
	Am					
	Pm					
	Am					
	Pm					
	Am					
	Pm					
	Am					
	Pm					
	Am					
	Pm					
	Am					
	Pm					
	Am					
	Pm					
Your Name				Totals		

If your BP is not at goal, contact Renal Services or mail this sheet to us.
Please bring this sheet to your next doctor's visit if you have not mailed it.

ADD UP EACH COLUMN
If this total is HIGHER You are at YOUR BP GOAL

ADD UP EACH COLUMN
If this total is HIGHER You are at NOT at your BP GOAL

