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TITLE: Self-Monitoring of Blood Pressure in Pregnancy

1. Statement/Purpose

Guidance and process for arranging self-monitoring of blood pressure in pregnancy and postnatal period where additional surveillance is required, but hospital admission is not indicated or perhaps possible.

2. Scope

Obstetricians, DHB Midwives and Lead Maternity Carers.

3. Definitions

- BP Blood pressure
- PET Pre-eclampsia
- ANC Antenatal Clinic
- DAU Day Assessment Unit (Rotorua)
- DHB District Health Board
- EDMS Electronic Document Management System
- LMC Lead Maternity Carer
- BMI Body mass index

4. Standards to be met

4.1 Suitability for self-monitoring of blood pressure during pregnancy

Appropriateness for self-monitoring of blood pressure in pregnancy is decided by the Obstetrician and a clear plan for monitoring and follow-up documented in the clinical record.

The DHB has a limited supply of equipment available. Priority for equipment use should take into account the whole clinical picture, woman’s location and priority preference per the table below.

Group 1 Currently hypertensive women (Priority)	Women with chronic hypertension, gestational hypertension or pre-eclampsia not currently requiring hospitalisation or as part of a management plan for women who should be, but are unable to be, hospitalised.
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<p>Group 2 Normotensive women considered at higher risk of pregnancy hypertension (For consideration when further equipment resourced)</p>	<p>Women with <u>one</u> of the following risk factors:</p> <ul style="list-style-type: none"> • Hypertensive disease during a previous pregnancy • Chronic kidney disease • Autoimmune disease • Type 1 or type 2 diabetes <p>Women with <u>two</u> of the following risk factors:</p> <ul style="list-style-type: none"> • First pregnancy • Age 40 years or older • Pregnancy interval of more than 10 years • BMI of 35kg/m² or more • Family history of pre-eclampsia • Multiple pregnancy
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4.2 Procedure and equipment

Only upper arm self-monitoring devices calibrated for pregnancy can be used.

Plan of care, follow-up and regularity of self-monitoring as prescribed and documented by the Obstetrician and agreed by the woman and her LMC.

The woman must have received:

- ✓ Clear instruction on equipment use and frequency of self-monitoring by the DAU Midwife (in Rotorua) or ANC Midwife (in Taupo) and have demonstrated competence to undertake self-monitoring and machine use to the Midwife. (Please make a referral to DAU so that an appointment for education and distribution can be made.)
- ✓ Patient Information and Record Form - [Appendix 1](#)
- ✓ Self-monitoring Blood Pressure Threshold Information Table - [Appendix 2](#)
- ✓ Contact phone numbers
- ✓ Her copy of completed Loan Agreement form - [Appendix 3](#)
- ✓ Information on signs and symptoms of pre-eclampsia – EDMS 481062
- ✓ Sign out machine in record book, both located in DAU.

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5. Related Documentation

- Patient Information and Record Form - [Appendix 1](#)
- Self-monitoring Blood Pressure Threshold Information Table - [Appendix 2](#)
- Loan Agreement Form - [Appendix 3](#)
- Pre-eclampsia, Eclampsia Guideline Lakes DHB EDMS 196953
- Pre-eclampsia, what every woman should know about (patient leaflet) Lakes DHB EDMS 481062

6. References

<https://www.health.govt.nz/system/files/documents/publications/diagnosis-and-treatment-of-hypertension-and-pre-eclampsia-in-pregnancy-in-new-zealand-v3.pdf>

<https://www.rcog.org.uk/globalassets/documents/guidelines/2020-03-30-self-monitoring-of-blood-pressure-in-pregnancy.pdf>

<https://www.somanz.org/documents/HTPregnancyGuidelineJuly2014.pdf>

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Appendix 1.

Self-Monitoring of Blood Pressure in Pregnancy Patient Information and Record Form

How to take your blood pressure at home using an upper arm monitor:

- The Obstetrician has advised you to record your blood pressure at home _____ times per week. **Please take your blood pressure in the morning and write this in the table over the page.** Bring this with you to your appointments (take a photo of it on your phone to show us if you think you may forget 😊)
- Avoid bathing, drinking caffeine, smoking (ask us for support to give up 😊), exercising and eating for 30 minutes before taking your blood pressure
- Always measure your blood pressure on the same arm (usually the left)
- Roll up your sleeve. Ensure your sleeve is loose or remove your arm from your sleeve if it is tight when rolled up
- Sit on a chair with your back supported and feet flat on the floor and rest for 5 minutes before beginning to take your blood pressure
- Apply the arm cuff to your upper arm 1-2cm above the elbow with the air tube centred on the middle of your inner arm
- Rest your arm in your lap with your hand relaxed
- Press start
- Do not talk or move while measurement is being taken
- The machine will show 2 numbers the top number is called the systolic and the bottom number is called the diastolic
- Measure your blood pressure twice, at least 1 minute apart. Write the second blood pressure on the record sheet

Contact phone numbers:

Rotorua Maternity

Day Assessment Unit: (07) 343 8763 (Office hours - Mon, Wed, Fri)
Birthing Unit: (07) 349 7900

Taupo Maternity

(07) 348 1199 ext. 5830



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Self-Monitoring of Blood Pressure in Pregnancy Patient Information and Record Form

Date	Time	Systolic (SYS) Blood Pressure Number	Diastolic (DIA) Blood Pressure Number

DO NOT WRITE IN THIS BINDING MARGIN

Appendix 2.

Self-monitoring Blood Pressure Threshold Information Table

Level	Blood Pressure	Action
High	SYS 150 or more OR DIA 100 or more	Your blood pressure is high. Sit quietly for 15 minutes then measure it again and note the reading. If your repeated reading is raised, please contact DAU (or local Birthing Unit) for review today (within 4 hours) and continue to monitor your blood pressure daily. If your repeat SYS blood pressure is more than 160 please contact DAU (or local Birthing Unit) immediately.
Raised	SYS 140-149 OR DIA 90-99	Your blood pressure is raised. Sit quietly for 15 minutes then measure it again and note the reading. If your repeat reading is raised, please contact DAU (or local Birthing Unit) within 24 hours and continue to monitor your blood pressure daily.
High Normal	SYS 135-139 OR DIA 85-89	Your blood pressure is normal, but moving towards the raised threshold. Sit quietly for 15 minutes then measure it again and note the reading. If your repeat reading is still at the high end of normal, please monitor your blood pressure daily.
Normal	SYS 110-134 AND DIA 70-84	Your blood pressure is normal. Continue blood pressure monitoring and your current care.
Low	SYS 109 or less AND DIA 69 or less	If you are <u>not</u> taking blood pressure medication: Your blood pressure is normal. If you are feeling well this blood pressure does not need any further action. If you <u>are</u> taking blood pressure medication: Your blood pressure is low. Repeat once more in 15 minutes. If your repeat reading is still low, contact the DAU (or Birthing Unit) within 24 hours or within 4 hours if you feel unwell (e.g. dizzy or faint).

Figure 1. (Table adapted from RCOG Self-monitoring of Blood Pressure in Pregnancy Guideline, 2020)

Contact numbers:

Rotorua Maternity

Day Assessment Unit: (07) 343 8763 (Office hours - Mon, Wed, Fri)

Birthing Unit: (07) 349 7900

Taupo Maternity (07) 348 1199 ext. 5830

Or inform your LMC who can assist with further information, guidance or referral

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Appendix 3.

Loan Agreement for Blood Pressure Monitor Form

Blood pressure monitor number:

- Machine
- Tubing
- Cuff
- Case / container
- Signed out in book
- Information sheets and instruction provided

Cuff size:

Declaration:

- I accept responsibility for the above equipment and understand I have been asked to monitor my blood pressure through pregnancy and after my baby is born.
- I will return the blood pressure monitor as requested.
- If the monitor becomes damaged, lost or stolen, I understand I must report this information to the Maternity Unit on the below number as soon as possible and that I am not responsible for the cost of the replacement or repair.

Name: _____

Signature of agreement to declaration: _____

Staff name: _____

Staff signature: _____

Date: _____

Maternity Unit Contacts:

Rotorua Maternity

Day Assessment Unit: (07) 343 8763 (Office hours - Mon, Wed, Fri)
Birthing Unit: (07) 349 7900

Taupo Maternity (07) 348 1199 ext. 5830

Admin Process:

Please make two (2) copies of this form: one copy to woman, one in machine tracing folder.
Place original in the woman's clinical record. Contact woman if machine is not returned.