



Home Blood Pressure Monitor Protocol Instruction Script

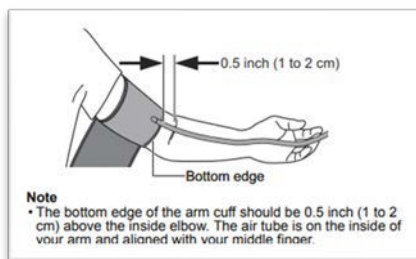
INSTRUCTIONS FOR THE 8-DAY OMRON SERIES 10 DEVICE

BLOOD PRESSURE MONITORING

You will use this Omron Series 10 device to check your blood pressure in the morning and evening for 8 consecutive days. Please take the morning reading between 7 am-9 am and the evening reading between 7 pm-9 pm before taking your prescribed antihypertensive medications. *(We do not want this to cause anxiety or stress, so if the participant doesn't wake until 10 am, just advise them to take a reading after they use the restroom, before they drink a coffee or caffeinated drink, before exercise, and before taking antihypertensive medications).*

Choose a quiet place in your home where you will check your blood pressure every day. Before you take a reading, be sure that your bladder is empty, and you have not had caffeine, tobacco, or exercised 30 minutes. Perform this assessment before taking antihypertensive medications.

Sit in a comfortable chair with your back and arm supported for 5 minutes. You can estimate this time using a clock in the room you are in, a watch, or your phone. You do not need to time 5 minutes with a stopwatch. Keep your feet flat and your legs uncrossed. Slide the arm cuff onto the same arm used to measure blood pressure earlier today, resting it comfortably on a table.



While you sit comfortably and rest for 5 minutes, it is okay to lightly read or do any activity that can quickly and easily be put down when it is time to take your blood pressure.

Apply the arm cuff to the upper arm on bare skin. Make sure the air tube is positioned on the inside of your arm (running along the side of your elbow and along the bottom of your arm) and wrap the cuff securely so it cannot move around on your arm. Be careful not to rest your arm on the air tube. Notice that the tube from the home monitor runs down your arm, while the tube from the Spacelabs monitor goes up the arm.

When you wrap the Velcro part of the cuff around your upper arm, it will slightly cover the top part of the tubing. This is ok. Just lightly press down on the Velcro flap and it will easily adhere. The cuff covering the tubing will not interrupt or interfere with the blood pressure reading.

There are two users for these monitors. Make sure the user 1 (the dark figure) is showing. Press the START/STOP button on the monitor to begin taking a reading.

The Omron monitor is already set to its "TruRead" feature, which means when you press the START/STOP reading, the cuff will inflate and check your blood pressure 3 times, separated by 60 seconds each. Try not to move during the measurement. You will be able to see all your readings after the 3rd reading is complete, as well as the average of all three displayed on the screen. To move between and view the readings, press the button on the back of the monitor with the Bluetooth symbol.



You will receive three check-in phone calls during the home blood pressure assessments with the Omron monitor. The first call will be the day before you start. The second call will likely occur the day after you start, to ensure you were able to take one set of three readings in the morning and another set of three readings in the evening. We will record the date you started and help answer any questions or concerns you have.



The third call will occur 2 days before you are scheduled to complete the home monitoring. We will check in with your progress and ask you to complete the experience form on the last day of the assessments. The experience form will compare your experience of wearing the device compared to a typical day, rating whether you had more or less of the events such as stress, pain, time sleeping, physical activity, feeling light-headed, feeling sick or prescribed medication. We will also discuss device and experience form return plans. You can choose to have a courier service pick up, drop- off onsite, or have an ARIC staff member come to your home and download your results.

We will now proceed to do one set of 3 readings.

Have participant rest for 5 minutes before measurement.

Document measurements on the HBPM Initialization Form (HBP).

After removing cuff, allow the participant to demonstrate placing the cuff on themselves. Provide tips for how to improve their technique.

Call attention to the HBPM home instruction checklist handout.

Review times/dates of planned calls.

Review the HBP experience form with the participant. Write down the start and end dates.

You will need to record your experience after wearing the device on this home blood pressure Experience Form which will be made available to you and returned in addition to the home blood pressure monitor. This form will compare your experience of wearing the device compared to a typical week, rating whether you had more or less of events such as stress, pain, time sleeping, physical activity, feeling light-headed, feeling sick, or prescribed medication.

Check that the HBP form is complete. Administer the VAS form (can be done before assessment as well).