**C:\Users\jcaldous\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B8FE007B.tmpAmbulatory Blood Pressure Monitor Protocol**

**Instruction Script**

INSTRUCTIONS FOR THE 26-HOUR BLOOD PRESSURE MONITORING

We will begin by setting up the ABPM monitor, going over the instructions, and explaining the Participant Log. You will note the time you slept, woke up, exercised, had caffeine and/or tobacco, or experienced any symptoms like light-headedness or dizziness. You will return the log when you return the device.

The monitor will automatically take your blood pressure every 20 minutes during the day and every 30 minutes at night. (Note – you may want to tuck the monitor under your pillow at night to avoid sleep disturbance and prevent the monitor from falling off the bed).

The ABPM cuff will be positioned on your bare upper arm during this visit. It will be placed on the same arm you used for your ARIC seated blood pressure measurement, just above your elbow. It is okay to wear a sweater or long-sleeve shirt over the cuff, as long as it remains on your bare skin throughout the 26-hour monitoring period.

The tubing of the cuff will run up your arm, around your back, so it is out of the way as you go about your day-to-day activities. The tube will be securely connected to the ABPM device and we will provide the Velcro holster that you can attach to your belt or put in your pocket, so you are able to walk around wearing the device. You may put the ABPM device down next to you on the couch or table when you are seated. You may also put the device on the bed next to you while you are sleeping.

If the cuff slips down or you need to re-position it, wrap the cuff tight enough around your arm so that your pointer and middle finger can slide underneath the cuff (this is the “2-finger rule”. This will ensure that the cuff isn’t too loose, but isn’t too tight on your arm, and will ensure accurate blood pressure readings.

When you feel the cuff begin to inflate *(point to the cuff to show the participant what you are talking about),* you should relax your arm and hold it still. **Do not change your body position.** At this time, the monitor is taking a ‘reading’ of your blood pressure.

It is important that we get all the blood pressure readings during the 26-hour period. You may remove the cuff from your arm to bathe or change clothes in-between blood pressure readings. Please place the cuff back on your arm before the next reading; after wearing the cuff all day you will be familiar with when it will take the readings. Do not wear the monitor while driving. Please observe how the cuff is applied **before you remove it**, so that you will know how to put it back on correctly. *Take a moment to demonstrate with the participant placing the cuff back on their arm.*

Inflating a second time:

Occasionally the cuff may re-inflate 2 minutes after the prior attempt – this happens when the cuff cannot obtain a reading the first time. The most common causes are arm movement or the cuff slipping out of position. Do not be alarmed. Check the position of the cuff and keep your arm as still as possible. The machine will try again.

Do not get the monitor wet, but if it does get wet, you are in no danger of being electrically shocked.

Do not turn the monitor off for any reason unless you are instructed to by the ARIC Study Coordinator.

Ending your blood pressure monitoring:

**At the end of the 26 hours at time = \_\_: \_\_ a.m. / p.m. (*use participants actual time*) please do a manual reading as described below:**

Before removing the monitor, push the circle action button on the Velcro pouch **until a tone is heard.** If you do not push the button until a tone is heard, it will not take the blood pressure. There is a delay of a few seconds after the tone is heard before the pressure is actually taken. After the monitor takes the reading wait to make sure the cuff deflates before removing the cuff. It will inflate again in 2 minutes if the blood pressure was not taken successfully.

After the measurement is complete, take the monitor out of its case and remove the batteries or it will keep going off in the mail! The batteries are simple to remove. *(At this time, show the participant where they are on the back of the device)*

Record the time you completed the assessment on the Participant Log. Please answer the few brief questions on the Log.

Place the monitor and the participant log in the correct package for return by courier, home pick up by ARIC staff, or in person drop-off.

*Adapt the following instructions below according to what method of returning works best for your field center or based on participant’s preference:*

*Drop the package off at your nearest FedEx location, see* [*http://local.fedex.com/nc/winston-salem/*](http://local.fedex.com/nc/winston-salem/) *OR return in person to the ARIC Field Center at Piedmont Plaza or the front reception desk on the ground floor of the Sticht Center at Wake Forest Medical Center at Medical Center Boulevard. Winston Salem, NC 27157. The Sticht Center is located next to the main hospital.*

Before I physically place the ABPM cuff and device on you, I am going to explain the second part of the home monitoring, which you will start the day after you take the ABPM cuff off.