



Hypertension Clinic – Initial consult

Date: _____ Time: _____

Left arm

Sitting

1	
2	
3	
4	
5	
6	

Pulse	
-------	--

Standing

1	
2	

Pulse	
-------	--

Right arm

Sitting

1	
2	
3	
4	
5	
6	

Pulse	
-------	--

Standing

1	
2	

Pulse	
-------	--



Watch a detailed blood pressure measurement tutorial:
[youtube.com/watch?v=N2GZCfJ5IK8](https://www.youtube.com/watch?v=N2GZCfJ5IK8) or scan QR code.