

## Lesson 2:

# Check It Often, Check It Right

**Participants will learn why and how to self-monitor their blood pressure.**

### Learning Objectives

By the end of the lesson, participants should:

1. Understand the need for self-monitoring blood pressure
2. Identify how to choose the right type of blood pressure device
3. Demonstrate the correct technique for taking blood pressure

## Suggested Activities

### Learning Objective 1

- Explain the need for self-monitoring blood pressure. (See coach resources: Self-Measured Blood Pressure Monitoring Protocol—Why Do I Need to Monitor My Blood Pressure?, Who Should Monitor Blood Pressure at Home?, Who Should Not Monitor Blood Pressure?, pages 1-2.)

### Learning Objective 2

- Provide tips for choosing the right type of blood pressure device. (See coach resources: Self-Measured Blood Pressure Monitoring Protocol, Choosing the Right Type of Home Monitor, page 2.)
  - Choose an automated upper arm device.
  - Make sure it is validated and checked for accuracy.
  - Purchase the correct cuff size.
- Describe the correct technique for taking blood pressure. (See coach resource: Self-Measured Blood Pressure Monitoring Protocol—How to Monitor Your Blood Pressure, Page 3.) Share the participant resource: Steps to Measure Blood Pressure.
- Play the video on self-monitoring blood pressure. (See coach resource: Self-Monitoring Blood Pressure video.)

### Learning Objective 3

- Provide time for the group to practice the technique for taking blood pressure. Provide cuffs of different sizes.

## Homework

Consider purchasing your own blood pressure device to begin monitoring your blood pressure at home, or identify places such as a local pharmacy where you could monitor your blood pressure.

## Resources

### Coach resources:

- Self-Measured Blood Pressure Monitoring Protocol
- Self-Monitoring Blood Pressure: Video

### Additional coach resources:

- ABCD's of Blood Pressure Measurement

### Participant resources:

- Steps to Measure Blood Pressure
- Video on self-monitoring blood pressure

### Additional participant resources:

- ABCD's of Blood Pressure Measurement
- Check. Change. Control. Tracker (CCC Tracker)

All resources can be found online at [startwithyourheart.com/knowitcontrolit/coach](http://startwithyourheart.com/knowitcontrolit/coach).  
Username: **coach**  
Password: **knowitco@ch**

Participants can access these resources directly at [startwithyourheart.com/knowitcontrolit](http://startwithyourheart.com/knowitcontrolit).