



## Hypertension Clinic

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Left arm Sitting

1	
2	
3	
4	
5	
6	

Pulse	
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### Standing

1	
2	

Pulse	
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### Right arm Sitting

1	
2	
3	
4	
5	
6	

Pulse	
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### Standing

1	
2	

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