

## Home Blood Pressure Monitoring - Pediatric

### What is it?

Your child's provider may ask that you check your child's blood pressure both day and night for any changes.

### Why would this be done?

Some children may have high blood pressure readings while in a healthcare setting because they are anxious. You can get a more accurate blood pressure reading when at home because your child may be more relaxed.

### What are the causes of high blood pressure in children?

There are two types of high blood pressure in children. Hypertension may be due to another illness, such as kidney disease, heart disease, or genetic, endocrine, or sleep disorders. Essential hypertension is high blood pressure that is often due to obesity.

Children with either type of high blood pressure may need treatment. You must closely watch your child's blood pressure for any changes.

### Equipment

Blood pressure cuff and monitor. Use a cuff that is the right size for your child. As your child grows, the cuff size will need to increase.

### Process

Choose a time when your child has been quiet and calm for at least 5 minutes and has not been given any blood pressure medicine for an hour.

Place the cuff on your child's right arm halfway between the shoulder and elbow. Turn the monitor on. Have your child sit back against the chair with both feet on the floor or lay quietly as the cuff inflates. You may need to hold your child's arm still. The cuff should feel snug but not painful. If the cuff does become very painful, there may be a kink in the tubing. Release the kink and start over. Your child should be quiet and still until the cuff deflates. Check the blood pressure again in 30-60 minutes if the blood pressure seems "off" for any reason.

Write the blood pressure reading in your child's log.

Please contact Pediatric Nephrology at **(608) 263-6420** with any concerns or questions you may have.



## References

1. Ambulatory blood pressure monitoring in children and adolescents: recommendations for standard assessment. (2008). *American Heart Association Journal*, 432-451.
2. Ambulatory blood pressure monitor. (n.d.). Retrieved from <http://www.atlantichealth.org/goryeb/our-services/pediatric-cardiology/learn/diagnostic-tests-and-screenings/ambulatory-blood-pressure-monitor>
3. Garzon, D. (2015). Diagnosis of primary versus secondary pediatric hypertension. *The Nurse Practitioner*, 40(2), 13-16.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©5/2018. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7773.