BP education: Know the “Why”.
Why is it important to check my BP every day?
What are my Blood pressure goals?
Why are my blood pressure goals different from other heart failure patients and patients who don’t have heart failure?

Some people take blood pressure medications because their blood pressure needs to be lowered to prevent long term problems like heart attacks or stroke. Patients with heart failure may be given blood pressure medication to decrease the workload on the heart. For patients with certain types of heart failure, these same medicines have actually been shown to strengthen the heart! Research also shows that better effects come at higher doses, so expect your provider to try to adjust the amounts of your medications from time to time. The goal for blood pressure readings varies depending on the patient’s needs, but overall providers aim to get blood pressure less than 130/80.

Taking your blood pressure every day and reporting side effects is very important. Patients should keep a daily log of your blood pressures and share the log with their heart failure team. Ask your nurse to show you the proper way of obtaining your blood pressure to be sure you have the most correct information about your body.