



Innovative Blood Pressure Solutions for Patient & Physician
www.DataDancer.com

Month & Year >	
Patient >	
Treatment >	
bp Monitor >	
Physician >	

bp Tango® Log			ENTER 1st bp RESULTS >>				ENTER 2nd bp RESULTS >>				AVERAGES		
Day	Weight	Time-1	SP Systolic	DP Diastolic	PR Pulse	PP P-Press	Time-2	SP Systolic	DP Diastolic	PR Pulse	PP P-Press	SP	DP
1													
2													
3													
4													
5													
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31													
MD	Weight	Time	SP	DP	PR	PP	<< MD Comments >>						

<< Instruction Summary >>

Please read attached instructions before using bp Tango Log or visit our web site to download bp Tango Log with instructions.

- a bp Tango Log records two (2) sets of daily Blood Pressure (bp) results for a period of one month.
- b Enter results obtained by a medical professional in the "MD" Section at the bottom of the Log.
- c Enter: Weight, Times of Measurement, bp Results and Averages in the row corresponding to the Date.
- d Calculate Pulse Pressure (PP) and enter result in the columns provided. $PP = SP - DP$
- e Blood Pressure should be measured while at rest free from the influences of alcohol, tobacco & food.



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bp Tango® Log

Intended Use

bp Tango Log is intended to be used as a personal blood pressure (*bp*) log to record patient measured results from a personal blood pressure monitor aiding in the management of hypertension as directed by a patient's physician or health care provider. The *bp Tango Log*, and subsequent information contained within, is intended for review and interpretation by a physician and not as a stand alone diagnostic tool.

If *bp Tango Log* is used without a physician or health care provider relationship, all information must be considered educational, relating to the user's condition, and not as medical advice for the purpose of diagnosis, administration of treatment(s) or to prescribe medication(s).

Instructions for Use

The dual entry capability of *bp Tango Log* provides the patient with the following two (2) choices for use:

- 1) Consecutive measurements within a five (5) minute period allowing assessment of parameter precision or repeatability.
- 2) Separate measurements within the same day allowing assessment of blood pressure results in two different time periods. (Morning & Evening)

bp Tango Log is a single page, monthly log that is easily inserted into your permanent medical record. Please read the instructions that were included with your personal *bp* Monitor for specific information on how to measure your blood pressure. Please visit www.datadancer.com for additional information.

Caution: Blood Pressure (*bp*) should be measured after relaxing for 5 minutes, sitting with both feet on the floor with back supported. Do Not smoke, eat and drink alcoholic or caffeinated beverages 30 minutes before a *bp* measurement. Please refer to your *bp* Monitor's User Manual for specific *bp* measurement instructions.

1) PATIENT INFORMATION BOX

- a. **Month & Year:** Enter Month & Year. Day of the month is located under the column labeled "Day".
- b. **Patient's Name:** Enter your Full Name. This assures proper identification in medical record filing.
- c. **Treatment:** Enter your prescribed *bp* medication with dosage or a life style change such a diet or exercise. If you are presently under no treatment, enter "Baseline".
- d. **bp Monitor:** Enter the *bp* Monitor type: (Upper Arm, Wrist or Other) and the *bp* Monitor Model.

Caution: Wrist Monitors require that your wrist be at Heart Level during a *bp* measurement. Refer to your *bp* Monitor User Manual for specific instructions or visit the DataDancer web site.

- e. **Physician:** Enter your Doctor's name or the name of your qualified health care provider.

2) START

- a. **Day:** Always enter your *bp* results in the row that starts with the Correct Day of the month.
- b. **Weight** Enter you body weight as pounds (lbs.) or kilograms (Kg.)

3) ENTER FIRST (1st) RESULTS

- a. **Time-1:** Enter the Time that you measured your 1st Blood Pressure results.
- b. **Systolic Pressure (SP1):** Enter the higher Blood Pressure value. Example: **131/ 92**
- c. **Diastolic Pressure (DP1):** Enter the lower Blood Pressure value. Example: **131/ 92**
- d. **Pulse (PR1):** Enter the Pulse Rate or heart beats per minute while your *bp* was being measured.
- e. **PP Press (PP1):** Pulse Pressure (PP) is the mathematical difference between SP and DP and an estimation of the resiliency of your arteries. Please calculate PP using the equation below and visit the DataDancer web site for more information. **PP = SP – DP** (Calculate)

4) ENTER SECOND (2nd) RESULTS

- a. **Time-2:** Enter the Time that you measured your 2nd Blood Pressure results.

Note: The time between the 1st and 2nd *bp* Measurements should not exceed 5 minutes if assessing precision.

- b. **Other bp Results:** Enter all other Time-2 Results as described in section (3) above: SP2, DP2, PR2 & PP2.

5) AVERAGES (Calculate)

- a. **Systolic Pressure (SP):** Enter the Average of SP1 and SP2: Average = (SP1+SP2)/2
- b. **Diastolic Pressure (DP):** Enter the Average of DP1 and DP2: Average = (DP1+DP2)/2

6) MD

The bottom section of *bp Tango Log* will record Blood Pressure results measured by a medical professional.

Note to Physicians: Since Patient and MD Office results were not obtained at the same time and place, it is not recommended to adjust patient results based on the average parameter difference between patient & MD Office results.