



Dr Trude Augustat
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Integrative Med Clinic, L2
11-23 Burwood Rd
HAWTHORN VIC 3122

A3255
Tg: DDP2A Cr: 3122CCC

24-hour Ambulatory Blood Pressure Monitoring

PATIENT DETAILS

Height 163 cm Weight 80.0 kg

Clinical Notes:

SUMMARY

Avg BP 24-hour 138/89 (NR <130/80)

Avg BP day 148/98 (NR <135/85)

Avg BP night 117/71 (NR <120/75)

INTERPRETATION

Thank you for referring this patient.

Reported by Cardiology Department

Please note

This test is not currently Medicare rebatable.
The report above is based on a non-pregnant individual with no risk factors.
The results need to be correlated with the individual's clinical background.
The National Heart Foundation and High Blood Pressure Research Council of Australia Ambulatory Blood Pressure Committee guidelines (2012) stipulate the hypertensive threshold be lower for the following groups:

- People with associated clinical conditions or end-organ damage
24 hour: 125/76 Night: 112/67 Day: 128/78
- Hypertension with proteinuria > 1 g per day
24 hour: 121/71 Night: 107/63 Day: 124/74
- Pregnancy
<22 weeks gestation 132/79
20-30 weeks gestation 133/81
>30 weeks gestation 135/86

Reference: Head GA. et al Ambulatory blood pressure monitoring in Australia: 2011 consensus position statement. *J Hypertens.* 2012 Feb;30 (2):253-66.)

TOTAL		DAY		NIGHT	
Value	Goal	Value	Goal	Value	Goal

TIME

Start 18/06/2025 13:25 09:17 23:30

End 19/06/2025 13:00 23:29 09:16

Duration 23:35 13:48 09:47

MEASUREMENT

Total 41 28 13

Valid 41 28 13

Valid % 100 >70 100 100

AVERAGE: Over single measurements

Systole mmHg 138 H <130 148 H <135 117 <120

Diastole mmHg 89 H <80 98 H <85 71 <75

MAP mmHg 112 121 92

Heart rate bpm 76 80 67

Pulse pressure mmHg 49 50 <60 46

STD. DEV.

Systole mmHg 19.3 14.1 <17 9.5 <13

Diastole mmHg 14.7 8.0 <13 7.2 <10

MAP mmHg 15.8 8.8 7.4

Heart rate bpm 16.5 17.6 8.5

Pulse pressure mmHg 12.3 13.9 7.3

VALUES ABOVE LIMIT

Systole % 53 71 H <25 15 <25

Diastole % 61 86 H <25 8 <25

Values above limit (1) >= 135; (2) >= 85; (3) >= 120; (4) >= 75

MAXIMUM

Systole mmHg 183 183 135

Diastole mmHg 114 114 81

Heart rate bpm 122 122 87

MINIMUM

Systole mmHg 101 125 101

Diastole mmHg 57 80 57

Heart rate bpm 58 59 58

DIPPING

Systole % 20.9 (Extreme)

Diastole % 27.6 (Extreme)

Dipping <0% Inverted; <10% Non-dipper; <20% Normal; >=20% Extreme



BP PROFILE

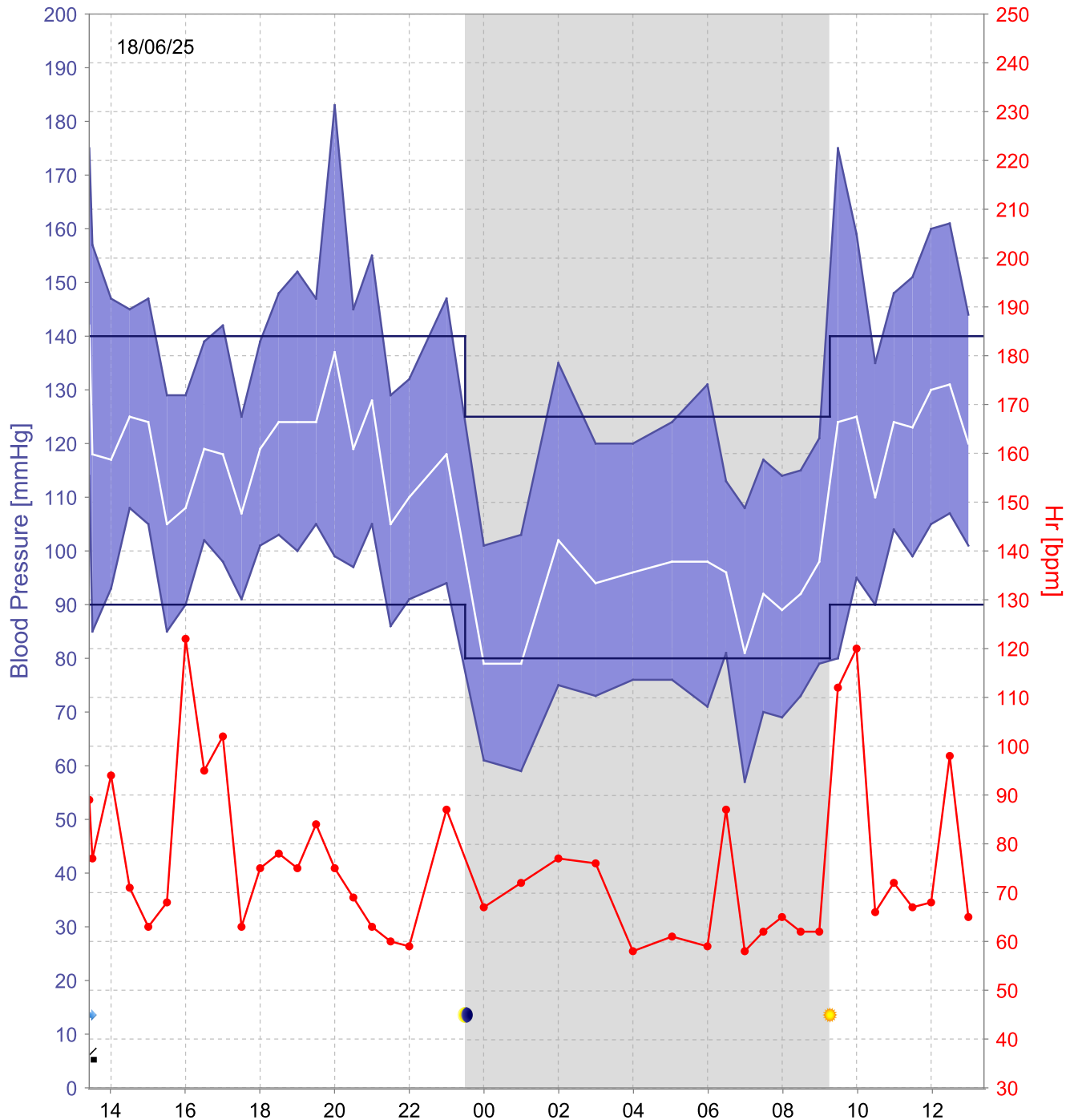
24h ABPM

Start: 18/06/2025 13:25

End: 19/06/2025 13:00

LEGEND

- Systolic and diastolic blood pressure
- Mean arterial pressure (MAP)
- Heart rate
- Night interval
- Hypertensive thresholds for systolic and diastolic blood pressure
- x Reading failure (no corresponding reading for that time point)



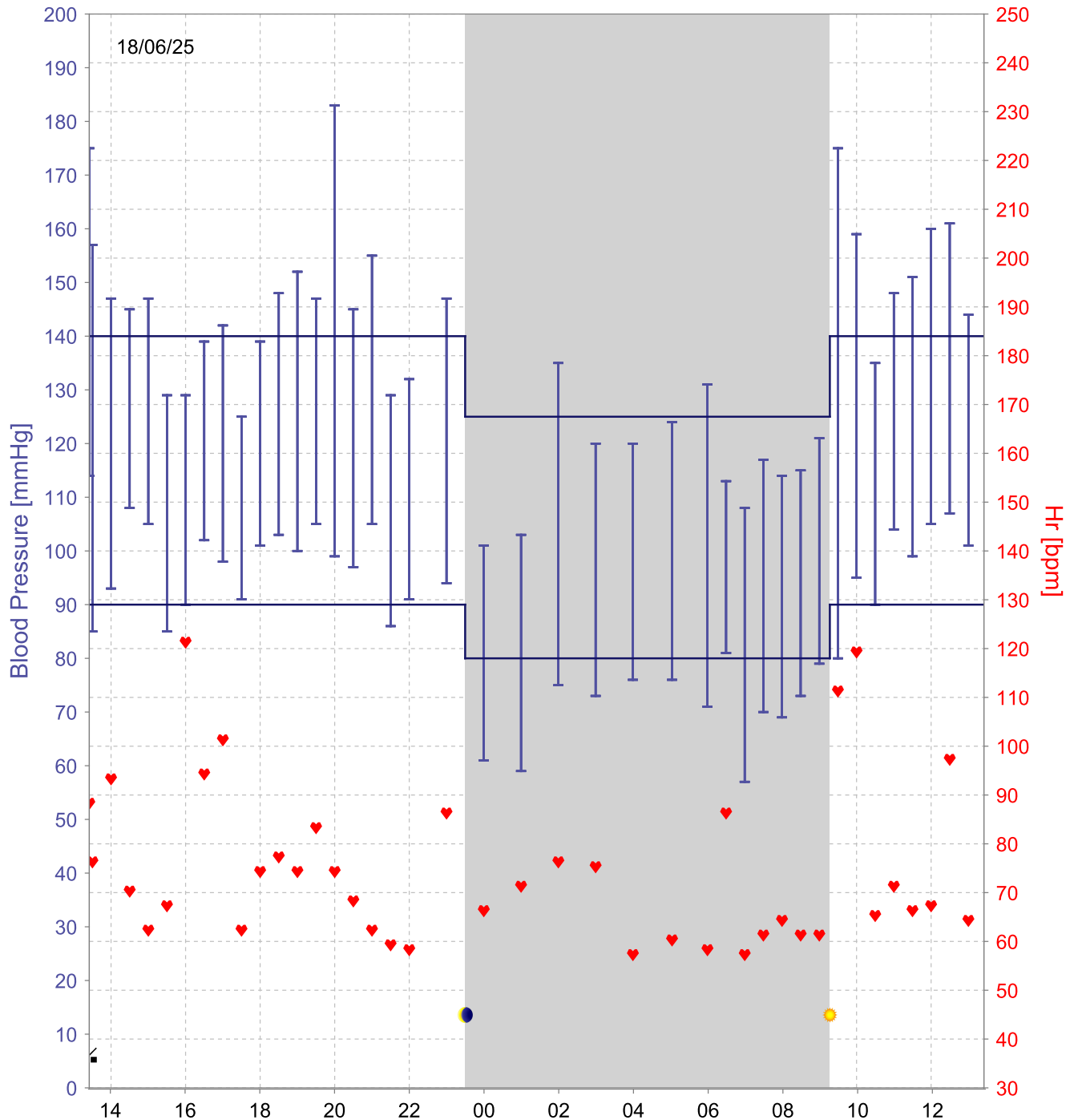


BAR CHART

24h ABPM Start: 18/06/2025 13:25
End: 19/06/2025 13:00

LEGEND

- I Systolic and diastolic blood pressure
- ♥ Heart rate
- Night interval
- Hypertensive thresholds for systolic and diastolic blood pressure
- x Reading failure (no corresponding reading for that time point)





TABLE

24h ABPM

Start: 18/06/2025 13:25

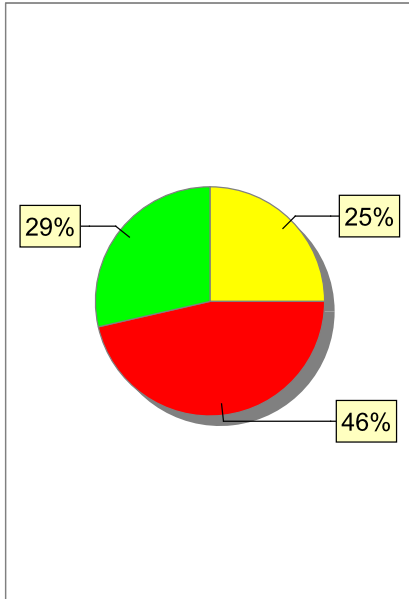
End: 19/06/2025 13:00

No	Date	Time	Sys	MAP	Dia	PP	Hr	Code	Comment
1	18/06/25	13:25	175	142	114	61	89	100	Start of a manual measurement
2	18/06/25	13:30	157	118	85	72	77		
3	18/06/25	14:00	147	117	93	54	94		
4	18/06/25	14:30	145	125	108	37	71		
5	18/06/25	15:00	147	124	105	42	63		
6	18/06/25	15:30	129	105	85	44	68		
7	18/06/25	16:00	129	108	90	39	122		
8	18/06/25	16:30	139	119	102	37	95		
9	18/06/25	17:00	142	118	98	44	102		
10	18/06/25	17:30	125	107	91	34	63		
11	18/06/25	18:00	139	119	101	38	75		
12	18/06/25	18:30	148	124	103	45	78		
13	18/06/25	19:00	152	124	100	52	75		
14	18/06/25	19:30	147	124	105	42	84		
15	18/06/25	20:00	183	137	99	84	75		
16	18/06/25	20:30	145	119	97	48	69		
17	18/06/25	21:00	155	128	105	50	63		
18	18/06/25	21:30	129	105	86	43	60		
19	18/06/25	22:00	132	110	91	41	59		
20	18/06/25	23:00	147	118	94	53	87		
21	19/06/25	00:00	101	79	61	40	67		
22	19/06/25	01:00	103	79	59	44	72		
23	19/06/25	02:00	135	102	75	60	77		
24	19/06/25	03:00	120	94	73	47	76		
25	19/06/25	04:00	120	96	76	44	58		
26	19/06/25	05:03	124	98	76	48	61		
27	19/06/25	06:00	131	98	71	60	59		
28	19/06/25	06:30	113	96	81	32	87		
29	19/06/25	07:00	108	81	57	51	58		
30	19/06/25	07:30	117	92	70	47	62		
31	19/06/25	08:00	114	89	69	45	65		
32	19/06/25	08:30	115	92	73	42	62		
33	19/06/25	09:00	121	98	79	42	62		
34	19/06/25	09:30	175	124	80	95	112		
35	19/06/25	10:00	159	125	95	64	120		
36	19/06/25	10:30	135	110	90	45	66		
37	19/06/25	11:00	148	124	104	44	72		
38	19/06/25	11:30	151	123	99	52	67		
39	19/06/25	12:00	160	130	105	55	68		
40	19/06/25	12:30	161	131	107	54	98		
41	19/06/25	13:00	144	120	101	43	65		
	19/06/25	13:04						104	Device was switched off

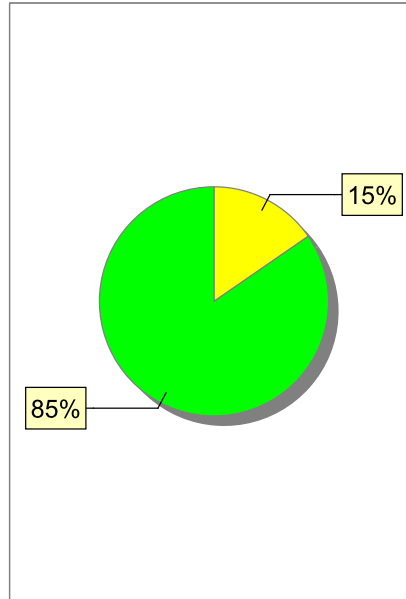


VALUES ABOVE LIMIT

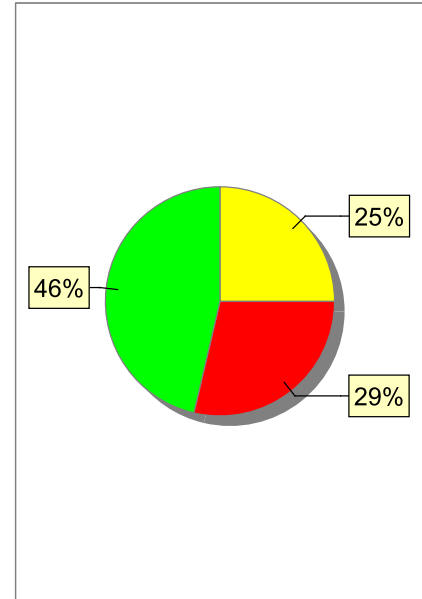
24h ABPM Start: 18/06/2025 13:25
End: 19/06/2025 13:00



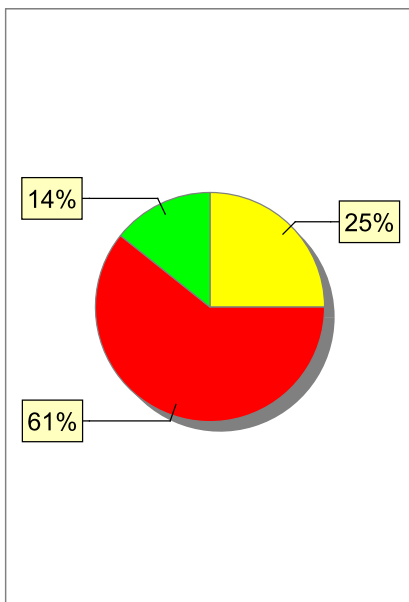
Systolic Day



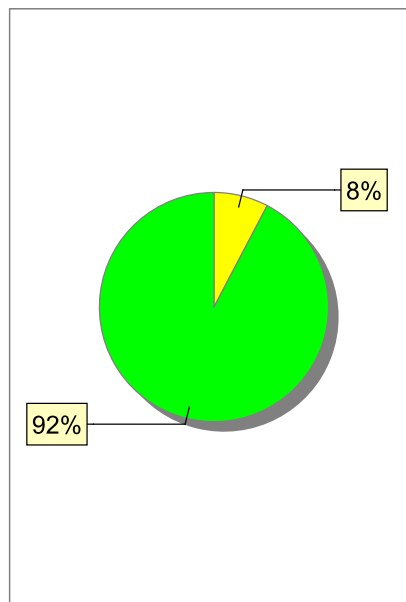
Systolic Night



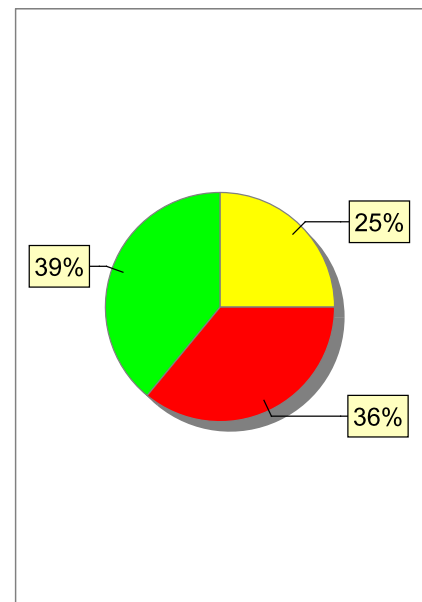
Systolic Total



Diastolic Day



Diastolic Night



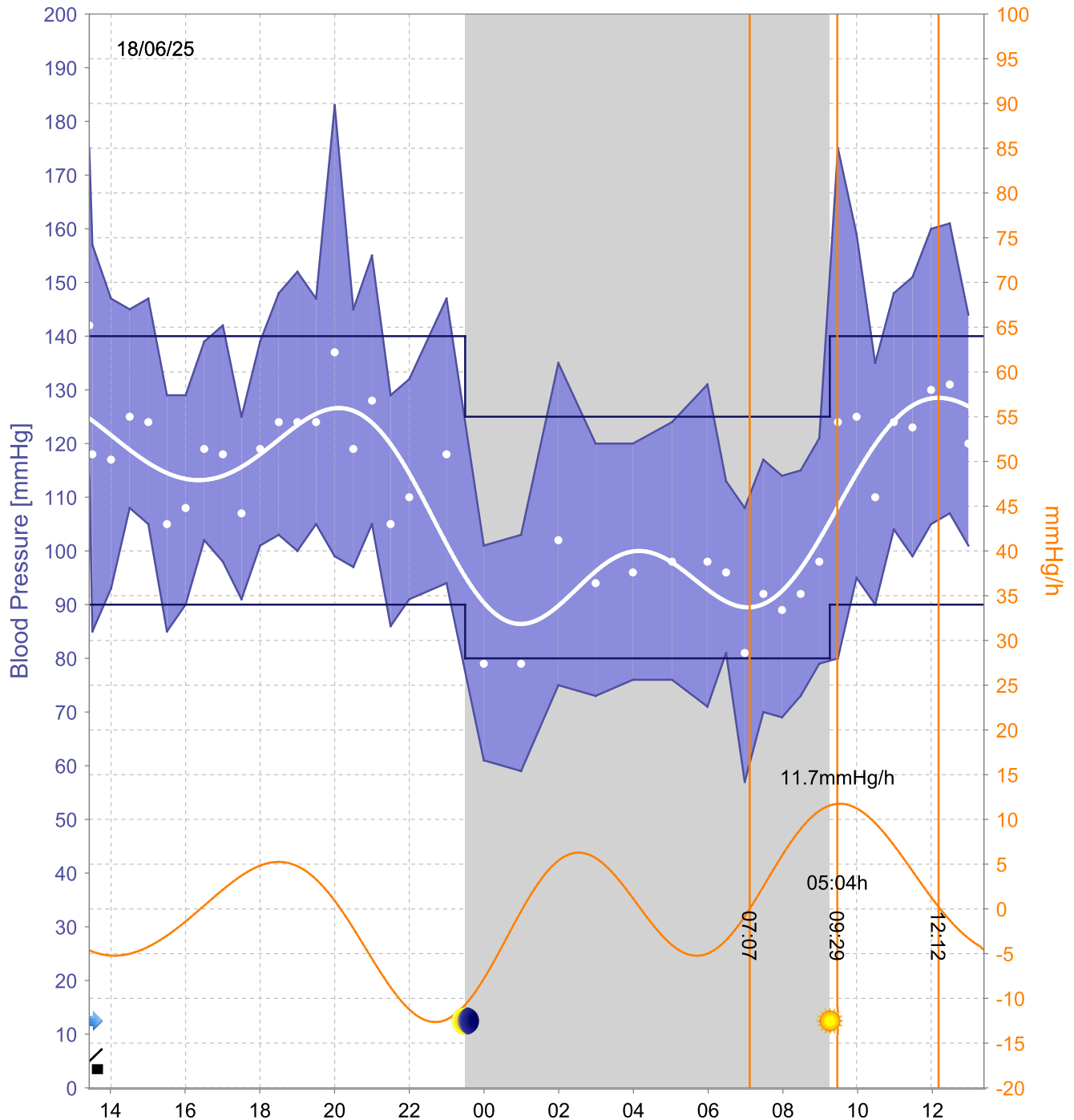
Diastolic Total

● Acceptable ● Too high ● Normal



CHANGE OF BLOOD PRESSURE

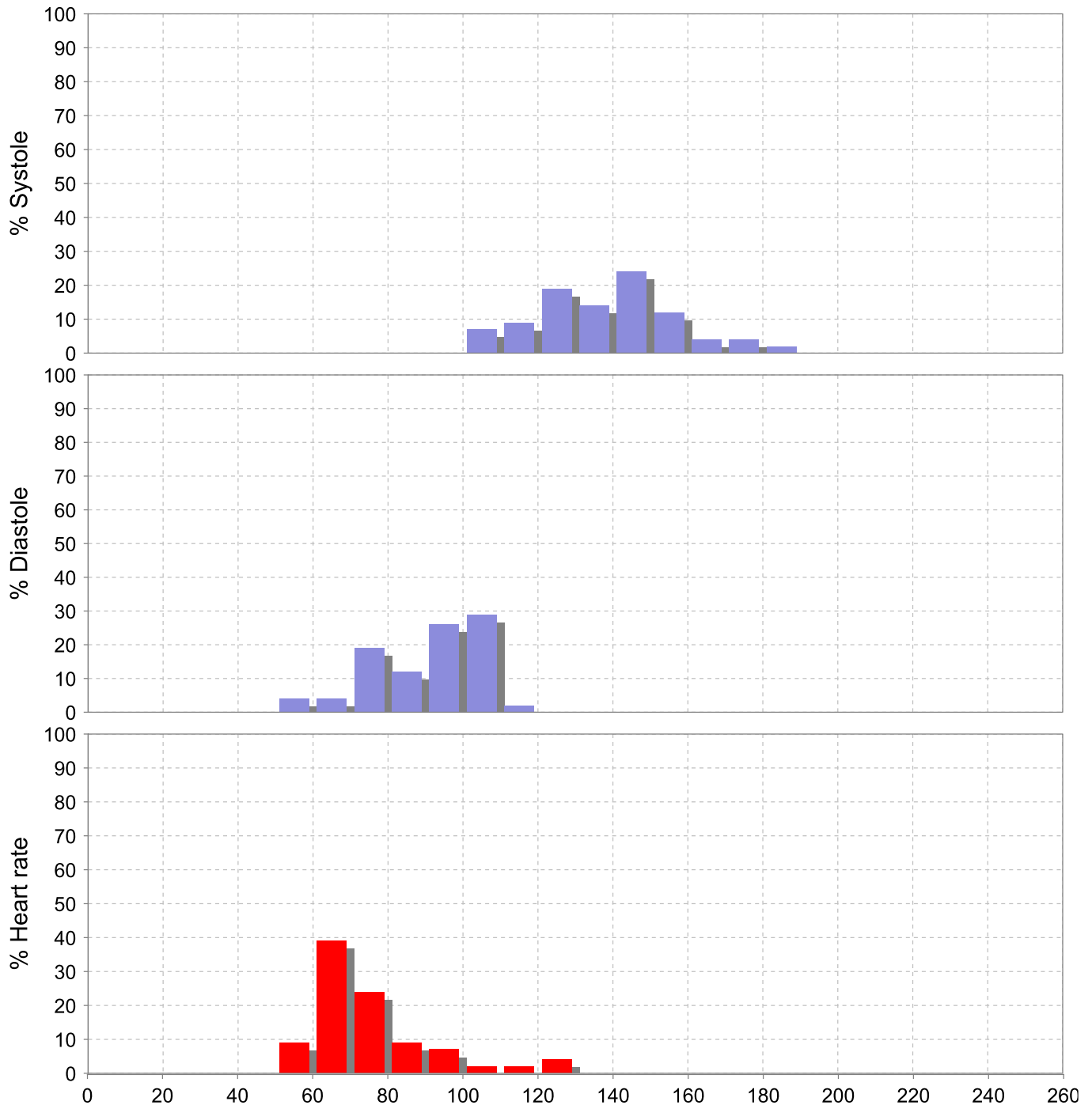
24h ABPM Start: 18/06/2025 13:25
End: 19/06/2025 13:00





HISTOGRAM TOTAL

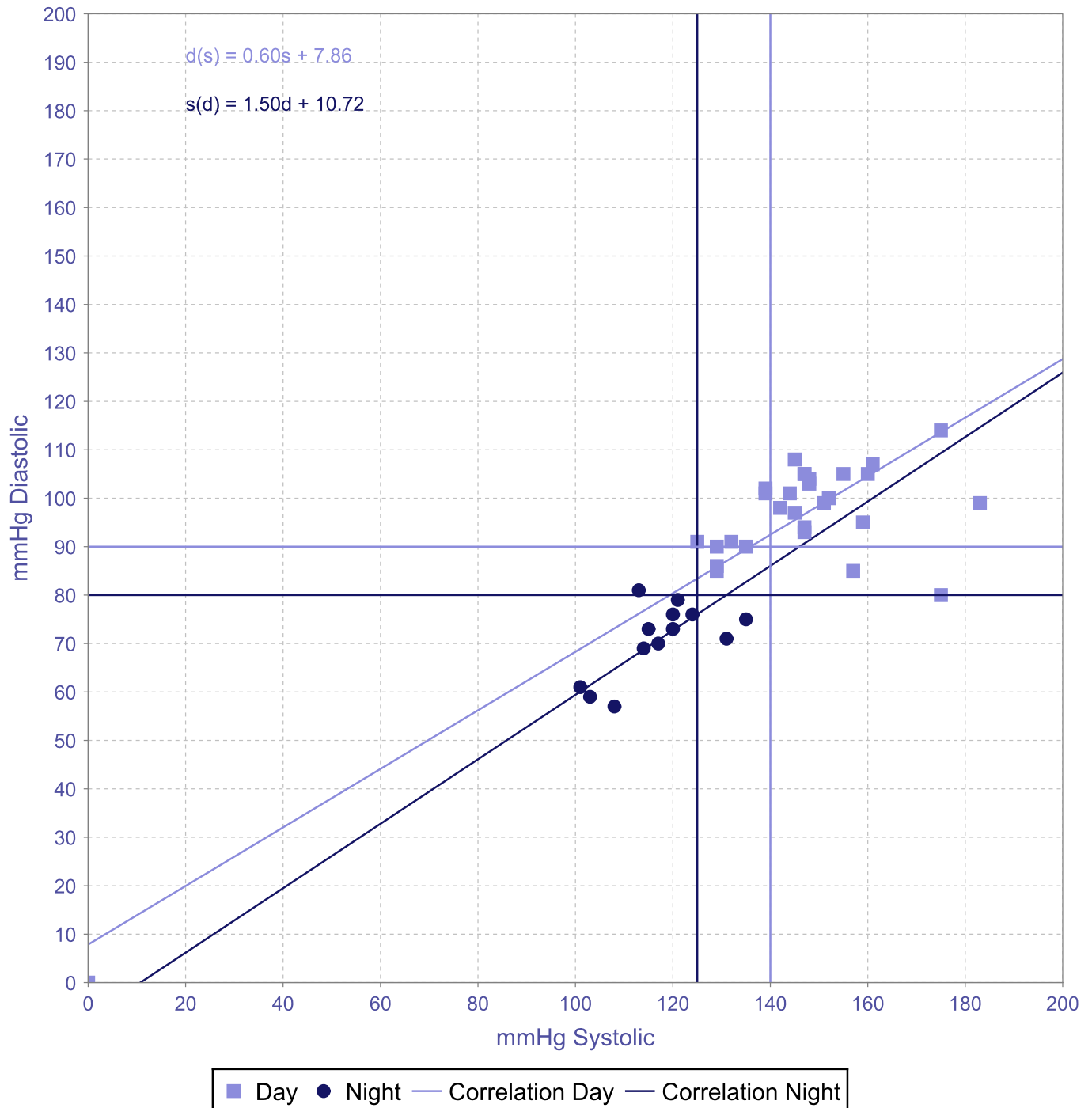
24h ABPM Start: 18/06/2025 13:25
End: 19/06/2025 13:00





CORRELATION TOTAL

24h ABPM Start: 18/06/2025 13:25
End: 19/06/2025 13:00





Reported 20 Jun 2025 08:50 am

Fitting details

PATIENT: _____ DATE: _____
SHEET WITH MONITOR

Patient details		BP Monitor details	
Surname:	DOEHMANN	Monitor no:	GLP2
First name:	Kristina	Serial no:	CN1507.
Date of birth:	24/12/1970		
Date/time commencement:	18-6-25, 13:19	Date/time completed:	19-6-25, 13:04
Connected by:	mp5yxz	Removed by: (staff ID)	mp5yxz
Current medication:	on blood pressure tablet: Telmisartan 20mg per day at night		
		Collection centre details	
		Location:	GLP
		Sleep details	
		Time patient went to bed:	11:30pm
		Time patient got out of bed:	9:17am

Blood pressure at start of test:

Monitor placed on left or right arm: (please tick) ☒ Left ☐ Right

Patient diary

Patient diary for continuous Ambulatory Blood Pressure Monitor

Time	Activity	Symptoms
4pm	getting ready to take dog to the vet - putting her into the car	—
10am	bringing in the bins + bringing fireworks inside the house	—
8pm	— fasting	—
11.30	helping a friend w a job app.	—