

Blood Pressure Control Assistant

User's guide

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1. System Requirements

- Windows XP/Vista operating systems
- Microsoft .Net framework 2.0
- 20 MB of free disk space

Optional

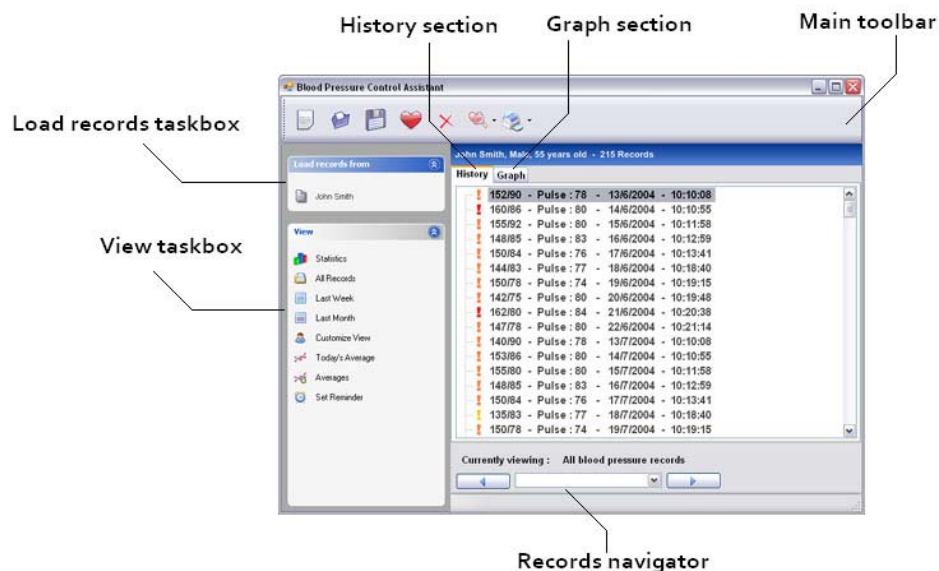
- Microsoft Office 2003/2007 for file exporting purposes to MS Word and MS Excel file formats.

2. Installation

- 2.1.1 Double click the *BPCA Setup.msi* icon to launch the BPCA Setup Wizard. Click the *Next* button.
- 2.1.2 Select the Installation folder; the default installation folder is C:\Program Files\Sysmedica\BPCA. Click the Next button to continue to confirmation of installation.
- 2.1.3 To confirm installation, click the *Next* button; when installation is complete, click the *Close* button.

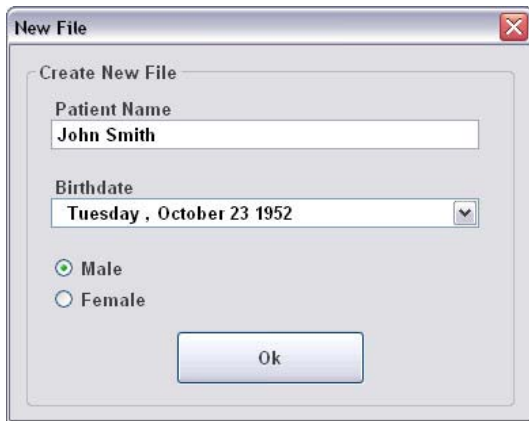
To launch Blood Pressure Control Assistant, double-click the BPCA icon on your computer desktop.

2.2 Main window description



3. Adding a new patient

The first time you run BPCA, the program will immediately require the information of a patient, however, you can always add new patient profiles by pressing the *Create New File* button on the main tool bar.

A screenshot of a 'New File' dialog box. It has a title bar with a close button. Inside, there's a section titled 'Create New File'. Below this, there are three input fields: 'Patient Name' with the text 'John Smith', 'Birthdate' with a date picker showing 'Tuesday, October 23 1952', and two radio buttons for 'Male' (selected) and 'Female'. At the bottom is an 'Ok' button.

After providing the patient's name, birth date and gender, press the *Ok* button.

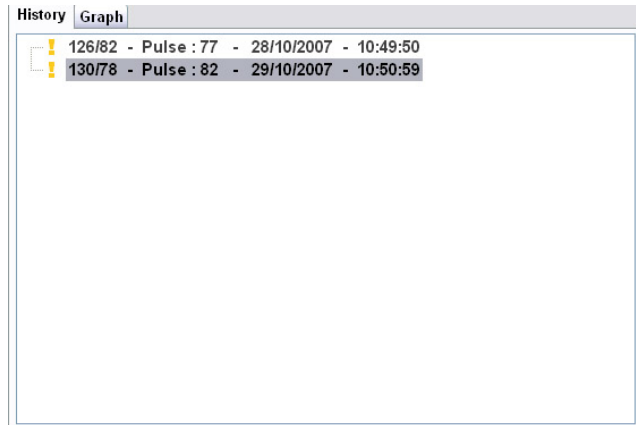
4. Adding & Removing Records

4.1 Adding a new blood pressure reading

Click the *Add New Record* button. The *New Record* form will appear on screen and you must provide systolic and diastolic pressure values. Pulse value, as well as comments are optional fields. If you want to add the new record with current date and time, leave the *Use Current Date* field checked and press the *Add Record* button. With BPCA you can add records taken previously, by un-checking the *Use Current Date* field and choosing the desired date and time.

A screenshot of a 'New Record' dialog box. It has a title bar with a close button. Inside, there's a section titled 'Add a New Record'. Below this, there are four input fields: 'Systolic', 'Diastolic', 'Pulse', and 'Comments'. There is a 'Get Pulse' button next to the 'Pulse' field. At the bottom, there is a 'Date' section with a checked checkbox for 'Use Current Date' and an 'Add Record' button.

After adding the new reading, it will be displayed in the *History* section.

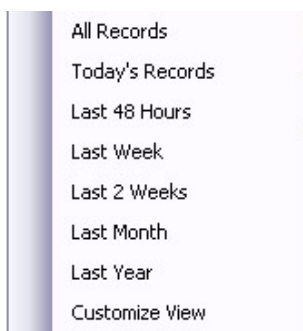


4.2 Removing a blood pressure reading

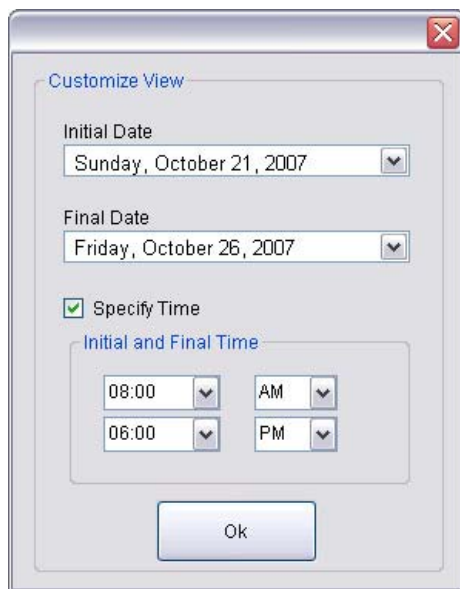
Select the reading you want to delete by clicking the record in the *History* section in the main Window, then press the *Delete Record* button on the main toolbar.

5. Viewing Records

You can select many different views of the stored blood pressure records by clicking the different pre-set options listed either in the *View* taskbox or in the *View Records* menu in the main toolbar.



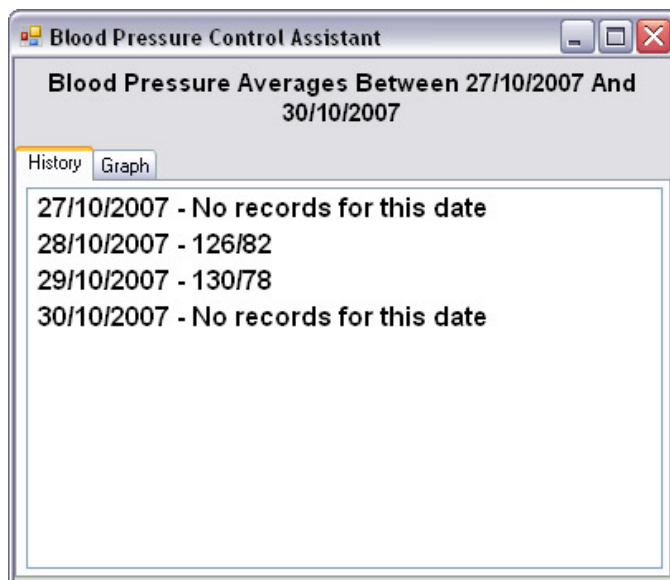
You can also view blood pressure records in a customized period of time; select the *Customize View* option from the *View Records* menu, select initial and final dates. You can also restrict the results by specifying initial and final time for everyday within the already specified time interval.



A dialog box titled "Customize View" with a close button (X) in the top right corner. It contains two date pickers: "Initial Date" set to "Sunday, October 21, 2007" and "Final Date" set to "Friday, October 26, 2007". Below these is a checked checkbox labeled "Specify Time". Underneath the checkbox is a section titled "Initial and Final Time" containing four time pickers: "08:00" and "AM" for the initial time, and "06:00" and "PM" for the final time. An "Ok" button is at the bottom.

6. Viewing blood pressure averages

Click the *Today's average* option in the *View* taskbox to see the averaged systolic and diastolic blood pressure for the current date. It is also possible to see the blood pressure average for a different date or averages for a certain time interval specified by the user. In order to see the blood pressure average for a specified time interval or for a certain date, click the *Averages option* in the *View* taskbox; the averages form will appear on screen, choose the specified date or initial and final dates and click the *Ok* button.



A window titled "Blood Pressure Control Assistant" with a title bar containing minimize, maximize, and close buttons. The main title is "Blood Pressure Averages Between 27/10/2007 And 30/10/2007". Below the title are two tabs: "History" (selected) and "Graph". The "History" tab displays a list of blood pressure averages for the specified dates.

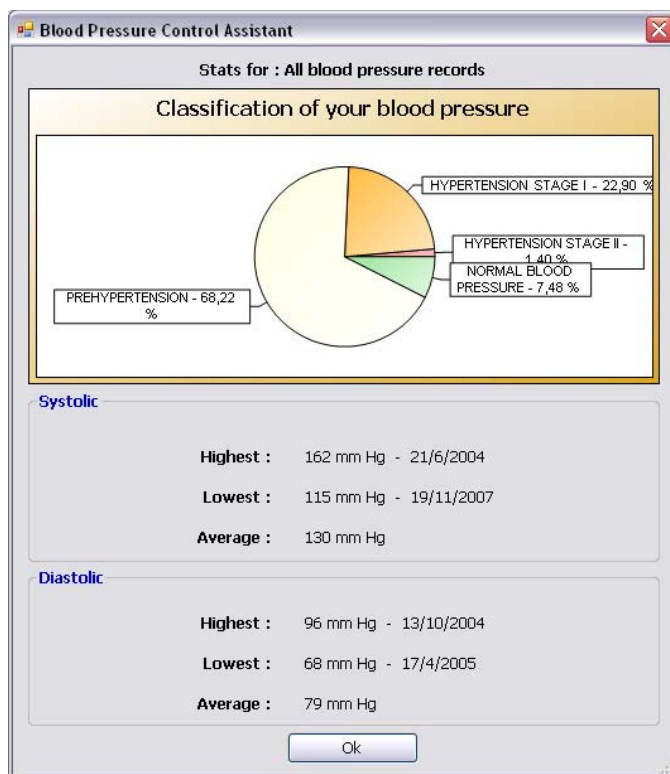
Date	Average
27/10/2007	No records for this date
28/10/2007	126/82
29/10/2007	130/78
30/10/2007	No records for this date

If blood pressure records were taken between the specified dates, a results form will appear on screen showing the history and graph of the averages.

7. Viewing statistics

Click the *Statistics* option from the *View* taskbox. The statistics window will appear on screen showing a pie chart with the classification of the blood pressure records according to JNC-7, the latest report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure. The following table shows the classification of blood pressure levels according to JNC 7.

Type of blood pressure	Systolic range	Diastolic range
Normal	< 120	<80
Pre-hypertension	120 - 139	80 – 89
Hypertension stage I	139 - 159	90 - 99
Hypertension stage II	>160	> 100

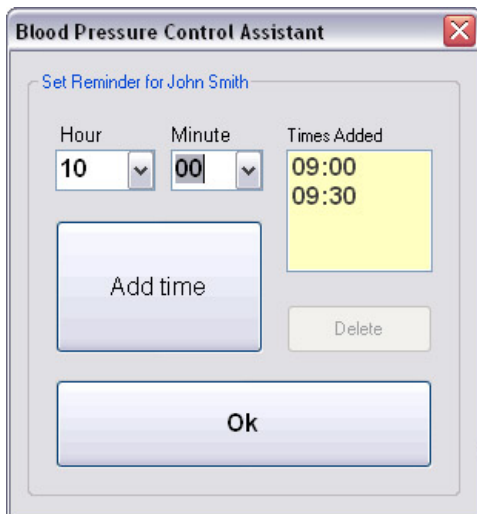


You may want to see statistics for blood pressure records taken within a specific time interval. In order to do this, you must first select the desired period of time by selecting one of the options listed in the *View Records* menu, and then select the *Statistics* option from the *View* taskbox.

8. Using the reminder

Blood Pressure Control Assistant can remind you of taking your blood pressure. Click the *Set Reminder* option from the *View* taskbox and select the time at which you want to be reminded

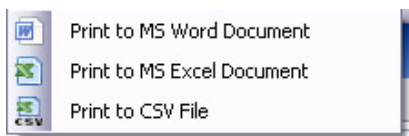
of taking the blood pressure and click the *Add Time* button. After setting up the reminder, click the *Ok* button to save changes. Since Blood Pressure Control Assistant is user-oriented, the times saved will be associated with the current loaded patient. However, you can set up reminders for all users.



9. Exporting your blood pressure records to other file formats

9.1 Exporting to MS Office formats

BPCA lets you save your blood pressure records in commonly used file formats such as .doc (MS Word) or .xls (MS Excel). Simply select one of the options from the *Print Report* button in the main toolbar. This will launch either MS Word or MS Excel and automatically import the blood pressure records.



9.2 Exporting to csv text files

You can also save blood pressure records in csv (comma-separated value) format so you can easily save your blood pressure records to other file formats that are managed by third party programs that are able to import from csv text files. In order to export your blood pressure records to a csv file, simply select the *Print to CSV File* option from the *Print Report* button.

9.2.1 Importing a CSV file in MS Excel

CSV files are comma-separated value files, which means that a comma (,) separates each column. In order to import a CSV file in MS Excel you must follow these steps :

- On the **Data** menu, point to **Import External Data** and then click **Import Data** to open the **Select Data Source** dialog box.
- In the **Select Data Source** dialog box, in the **Files of type** list, select **Text Files**.
- Then, in the **Look in** list, navigate to the folder containing the file you want and select the text file you want to import. The file might be on your hard drive, a local network, or a disk.
- Then, the **Text Import Wizard** opens and guides you through a three-step process that ensures that the text is correctly split into separate worksheet columns by selecting delimiters in the files. In the first step, in the **Original Data Type** section, choose **Delimited** and click **Next**. In step 2, select **Comma** in the **Delimiters** section and click **Next**. In step 3, click **Finish** and you're done.

10. Uninstalling Blood Pressure Control Assistant

In order to properly uninstall Blood Pressure Control Assistant you must first close the program. Since the program doesn't really stop when you close the main window (it hides itself and stays active in the system tray) you must shut the program down from the system tray. In order to do this and then successfully uninstall the program follow these steps :

- 10.1 Right-click the BPCA system tray icon (small red heart).
- 10.2 Select *Close BPCA* option.
- 10.3 Double click the BPCA Setup icon (the same program you used for installing BPCA)
- 10.4 Choose *Remove BPCA* and click *Finish*.