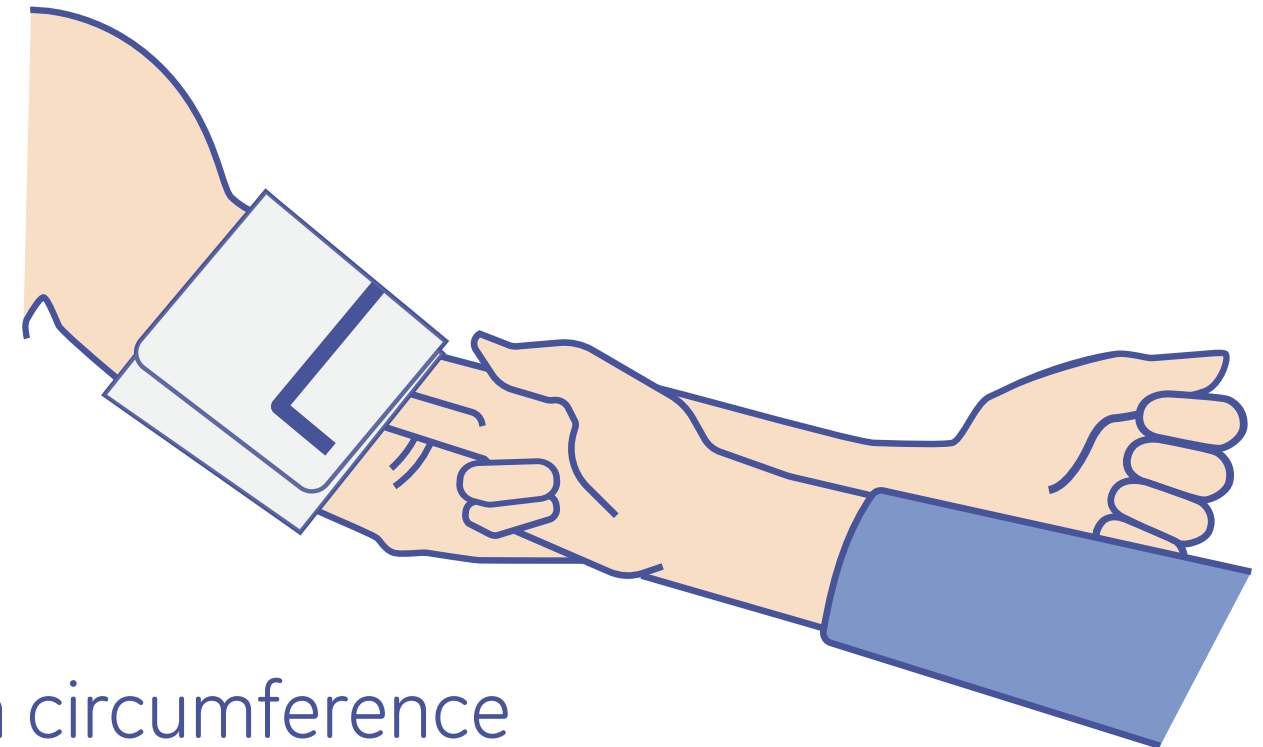
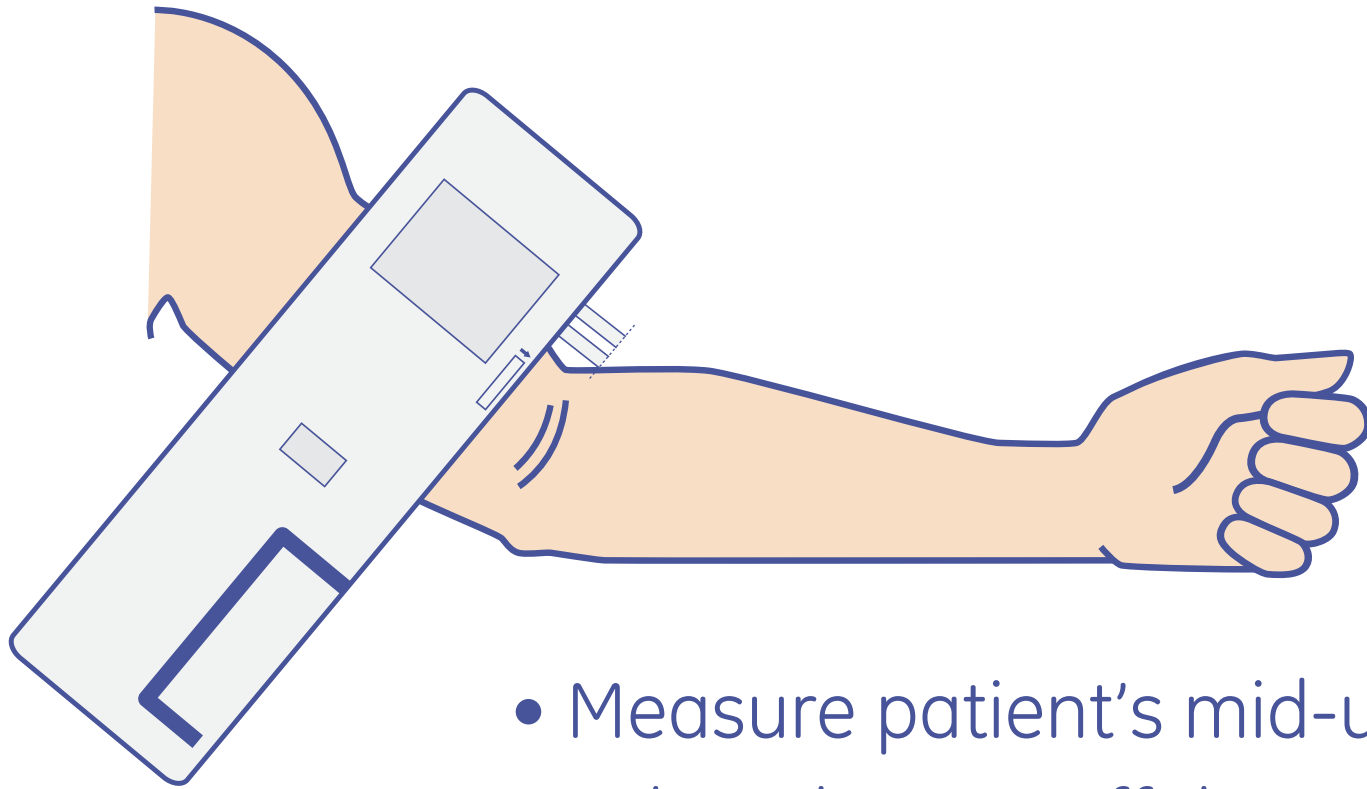


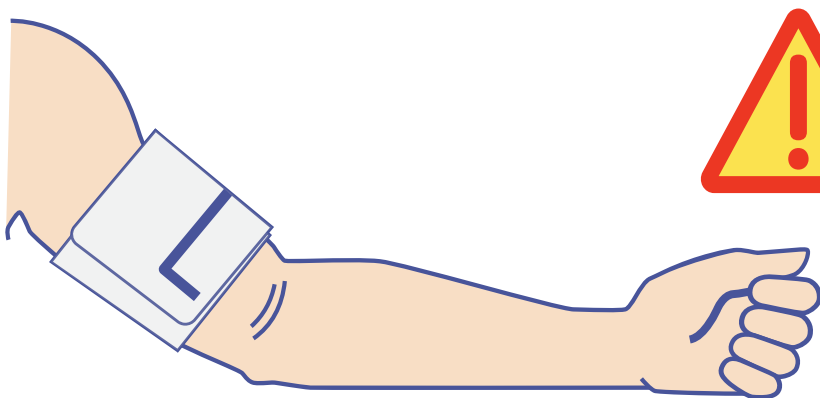
# TIPS FOR AN ACCURATE BLOOD PRESSURE READING



## Proper blood pressure cuff sizing and measurement



- Measure patient's mid-upper arm circumference
- Select the BP cuff that corresponds to the specified size range
- Place the cuff's artery mark over the patient's brachial artery
- Wrap the cuff snugly and securely around the upper arm
- Allow space for two fingers to fit between the patient and cuff



Correct Fit

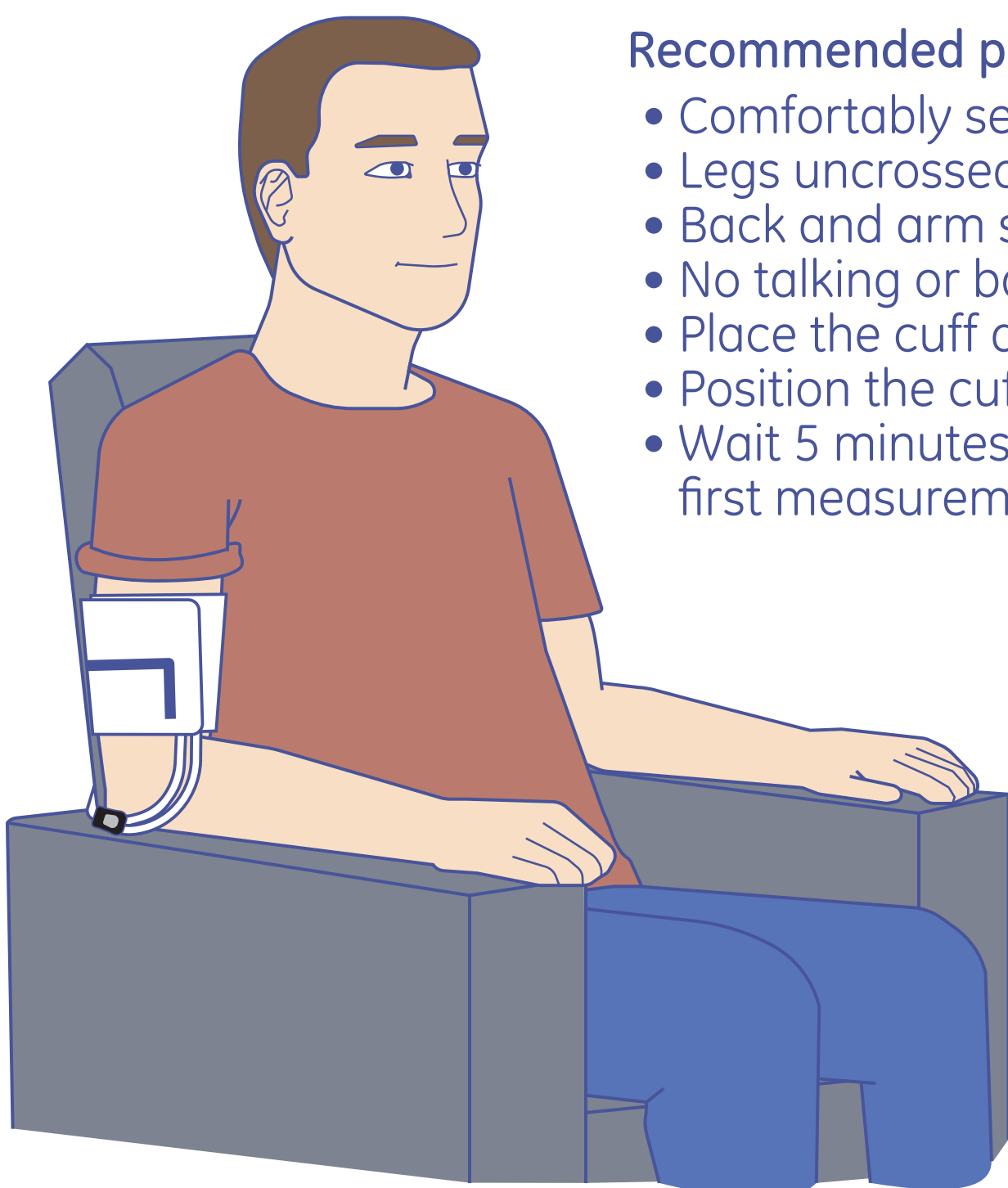


Using the wrong sized BP cuff can affect accuracy up to 30 mmHG<sup>5</sup>

**Too small (tight and narrow) causes false high systolic and diastolic readings**

**Too large (loose and wide) causes false low systolic and diastolic readings**

## Tips to improve blood pressure measurement



### Recommended patient setup<sup>3</sup>:

- Comfortably seated (preferred)
- Legs uncrossed
- Back and arm supported
- No talking or background noise
- Place the cuff directly on skin
- Position the cuff at heart level
- Wait 5 minutes before taking the first measurement

### Troubleshooting Guide<sup>1,2,3,4</sup>

| Potential factors of HIGH Systolic and Diastolic | Potential Remedies               |
|--|----------------------------------|
| Arm below heart level                            | Position arm at level of heart   |
| Talking  | Encourage quiet environment      |
| Legs crossed                                     | Instruct patient to uncross legs |
| Moving   | Instruct patient to remain still |
| Potential factors of LOW Systolic and Diastolic  | Potential Remedies               |
| Arm above heart level                            | Position arm at level of heart   |

1 Hemingway TJ, Guss DA, Abdelnur D. Arm position and blood pressure measurement. *Ann Intern Med.* 2004 Jan 6;140(1):74-5.

2 Netea RT, Thien T. Blood pressure measurement: we should all do it better! *Neth J Med.* 2004 Sep;62(8):297-303.

3 Pickering TG, Hall JE, Appel LJ, Falkner BE, Graves J, Hill MN, Jones DW, Kurtz T, Sheps SG, Roccella EJ; Subcommittee of Professional and Public Education of the American Heart Association Council on High Blood Pressure Research. Recommendations for blood pressure measurement in humans and experimental animals: Part 1: blood pressure measurement in humans: a statement for professionals from the Subcommittee of Professional and Public Education of the American Heart Association Council on High Blood Pressure Research. *Hypertension.* 2005 Jan;45(1):142-61. Epub 2004 Dec 20.

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