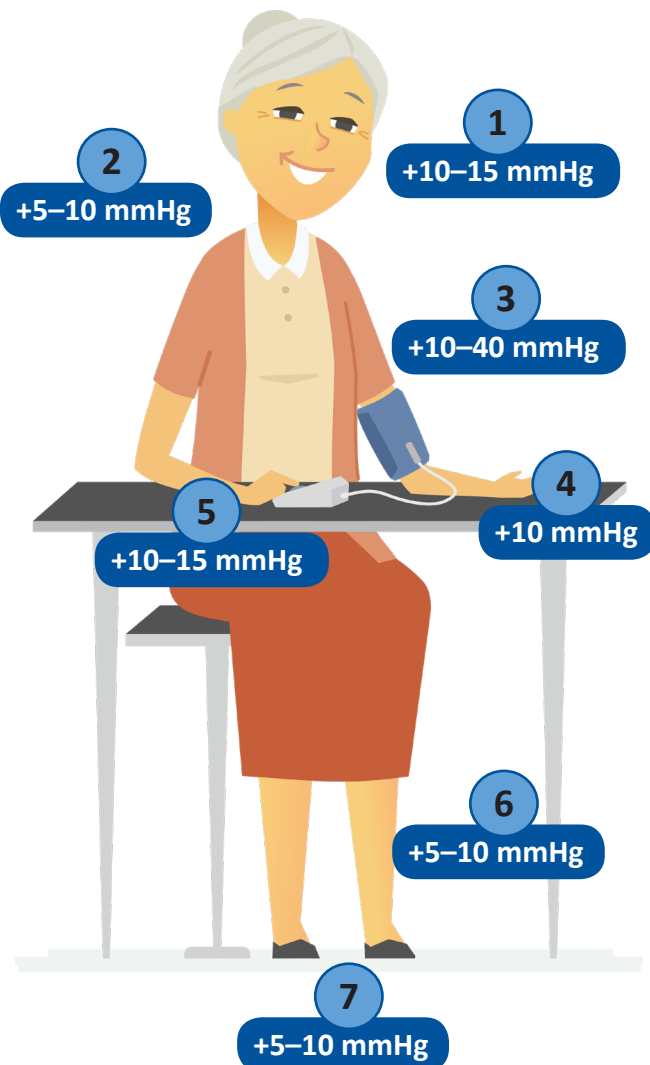


7 Simple Tips

To Get An Accurate Blood Pressure Reading

mmHg
(millimeters of mercury – a unit of pressure)

Following these 7 simple tips may help you get an accurate blood pressure reading.



- 1 Don't have a conversation.**
Talking adds 10–15 mmHg.
- 2 Support your back.**
An unsupported back adds 5–10 mmHg.
- 3 Put the cuff on a bare arm.**
A cuff over clothing adds 10–40 mmHg.
- 4 Support the arm at heart level.**
An unsupported arm adds 10 mmHg.
- 5 Empty your bladder.**
A full bladder adds 10–15 mmHg.
- 6 Keep your legs uncrossed.**
Crossing your legs adds 5–10 mmHg.
- 7 Support your feet.**
Unsupported feet adds 5–10 mmHg.

How to Correctly Measure Blood Pressure



Patients can be prepared by:

- Not participating in vigorous physical activity within 30 minutes of blood pressure being taken.
- Not drinking coffee, regular or diet caffeinated soda, alcohol, or smoking within 30 minutes of blood pressure being taken.
- Emptying bladder and bowel right before blood pressure is taken.
- Sitting calmly for 5 minutes before blood pressure is taken.

Providers:

- Make sure the device is calibrated regularly according to manufacturers' recommendations.
- Wash your hands.
- Ensure you are using the proper cuff size for the patient.
- If a recheck is necessary, do not check on the same arm immediately after.
- If rechecking because the reading is high, let the patient rest for 3–5 minutes at a minimum.

Cuff Sizes:

- Small adult - 9–10 in. arm circumference (22–26 cm)
- Standard adult - 11–13 in. arm circumference (27–34 cm)
- Large adult - 14–17 in. arm circumference (35–44 cm)
- Adult thigh - 18–21 in. arm circumference (45–52 cm)

Resources:

<https://youtu.be/gUHALsLeeoM>