

# Measure accurately

## Steps for in-office BP readings



### Initial blood pressure (BP) measurement

- Use a validated, automated upper-arm device to measure BP
- Use correct cuff size on a bare arm
- Ensure patient is positioned correctly
- Allow patient to rest quietly for at least five minutes if staff will be in the room during the BP measurement

### Tips for correct positioning

- Ensure the patient is seated comfortably with:
  - 1 Back supported
  - 2 Legs uncrossed with feet flat on the floor/ supported with a stool
  - 3 Arm supported with the BP cuff at heart level
- Remain quiet: No one should talk during measurement

### If initial BP is high, obtain a confirmatory measurement

- Repeat steps above
- Ensure patient has an empty bladder
- Ensure patient has rested quietly for at least five minutes if staff will be in the room during the BP measurement
- Obtain the average of two or more BP measurements



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