

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 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 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

