

Common problems that account for inaccurate blood pressure measurement

When the patient has ...

BP can appear higher by ... ^{1,2}

Cuff over clothing

10-40 mm Hg

A full bladder

10-15 mm Hg

A conversation or is talking

10-15 mm Hg

Unsupported arm

10 mm Hg

Unsupported back

5-10 mm Hg

Unsupported feet

5-10 mm Hg

Crossed legs

2-8 mm Hg

1. Pickering, et al. *Circulation* 2005

2. O'Brien, et al. *J Hypertens.* 2003