Measure accurately
Pre-assessment

Instructions: Check all the boxes that apply to your practice.

1. What blood pressure (BP) measurement devices are used?

- Manual devices (portable aneroid)
  - Calibrated* at least every six months

- Manual devices (mounted aneroid)
  - Calibrated* every six months

- Semi-automated devices (automated device that takes only one reading and requires the observer** to be in the room with patient during measurement)
  - Device validated for clinical accuracy
  - Calibrated* annually

- Automated office BP (AOBP) devices: Automated device that can be programmed to take multiple measurements without the observer** in the room
  - Device validated for clinical accuracy
  - Calibrated* annually

- Multiple adult cuff sizes (small, regular, large, extra large) are available for each device

2. If multiple devices are used, what device is used for the initial BP measurement?

- Manual (portable aneroid or mounted aneroid)
- Semi-automated
- AOBP
3. How would you describe the environment where BP is measured?
   - Quiet
   - Chairs with back support are available
   - Hard surface at heart level to rest BP arm is available
   - Stool or foot support is available to ensure feet are supported on a flat surface
   - If manual BP device is used, gauge or dial at eye level of the observer

4. What is the process before BP measurements are taken?
   - Advise patients not to exercise, use tobacco or consume caffeine within 30 minutes of appointment
   - Check BP in both arms at first visit, and use arm with higher BP for subsequent measurements
   - Ensure the patient has an empty bladder
   - Seat the patient in a chair with back supported and feet supported flat on a surface
   - Ensure legs are uncrossed
   - Place the cuff on a bare upper arm
   - Ensure appropriate cuff size is used
   - Support the arm with middle of cuff at heart level
   - Rest the patient for five minutes if the observer will be in the room during measurement

5. What is the technique used when performing manual BP measurements (if applicable)?
   - Palpate the radial pulse then inflate cuff until radial pulse is obliterated
   - Inflate cuff an additional 20–30 mm Hg above this level
   - Deflate cuff at a rate of 2 mm Hg per second

6. If initial BP is high, is a repeat or “confirmatory” measurement performed?
   - Yes
   - No

7. If a confirmatory measurement is performed, what device is used to recheck BP?
   - Manual (portable aneroid or mounted aneroid)
   - Semi-automated
   - AOBP

8. If a confirmatory measurement is performed, what device is used to recheck BP?
   - Perform one additional reading
   - Perform two or more additional readings
   - Wait one to two minutes between each measurement
   - Leave the patient alone in the room during the measurements if using an AOBP device
   - Average the readings
9. If a confirmatory measurement is performed, what device is used to recheck BP?

☐ Provider
☐ Nurse or medical assistant

10. What is the process after BP measurements are taken?

☐ Document average BP readings in the electronic health record
☐ Notify provider of out-of-range readings
☐ Recommend out-of-office BP measurements to confirm diagnosis of sustained hypertension, make the diagnosis of white-coat or masked hypertension, or to assess for BP control in those already diagnosed and treated

*Calibrated is when the BP device is tested for accuracy.
**Observer is the individual measuring BP.