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