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.