

## Measure accurately: Gap analysis

### Instructions

1. Check “yes” if the item applies to your practice or check “no” if the item does not apply.
2. Review the recommendations based on your practice’s opportunities for improvement.
3. Create a plan to implement applicable recommendations.

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

Examples:



**Manual (portable aneroid)**



**Manual (mounted aneroid)**



**Semi-automated**



**Fully Automated**

#### Manual devices (portable aneroid)

Yes

No

**Manual devices (mounted aneroid)**

Yes      No

\*Observer is the individual measuring BP.

**Semi-automated devices (automated device that takes only one reading and requires the observer\* to be in the room with patient during measurement)**

Yes      No

\*Observer is the individual measuring BP.

**Fully automated devices, also known as automated office BP (AOBP) devices (automated device that can be programmed to take multiple measurements without the observer\* in the room)**

Yes      No

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

Yes      No

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

**Manual (portable aneroid or mounted aneroid)**

**Semi-automated**

**Fully automated / AOBP**

\*Observer is the individual measuring BP.



**3 How would you describe the environment where BP is measured?**

**Quiet**

Yes      No

**Chairs with back support are available**

Yes      No

**Hard surface at heart level to rest BP arm is available**

Yes      No

**Stool or foot support is available to ensure feet are supported on a flat surface**

Yes      No

**If manual BP device is used, gauge or dial at eye level of the observer**

Yes      No

**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**

Yes      No

**Check BP in both arms at first visit, and use arm with higher BP for subsequent measurements**

Yes      No

**Ensure the patient has an empty bladder**

Yes      No

**Seat the patient in a chair with back supported and feet supported flat on a surface**

Yes      No

**Ensure legs are uncrossed**

Yes      No

**Place the cuff on a bare upper arm**

Yes      No

**Ensure appropriate cuff size is used**

Yes      No

**Support the arm with middle of cuff at heart level**

Yes      No

**Rest the patient for five minutes if the observer will be in the room during measurement**

Yes      No

**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**

Yes      No

**Inflate cuff an additional 20–30 mm Hg above this level**

Yes      No

**Deflate cuff at a rate of 2 mm Hg per second**

Yes      No

**⑥ If initial BP is high, is a repeat or “confirmatory” measurement performed?**

Yes      No

**7 If a confirmatory measurement is performed, is a semi-automated or AOBP device used to recheck BP?**

Yes      No

**8 What is the process when performing confirmatory measurements (if applicable)?**

**Perform at least one additional reading**

Yes      No



**Wait one to two minutes between each measurement**

Yes      No

**Leave the patient alone in the room during the measurements if using an AOBP device**

Yes      No

**Average the readings**

Yes      No

**9 Does a nurse or medical assistant perform the confirmatory measurements (if applicable)?**

Yes      No

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

**Document average BP readings in the electronic health record (EHR)**

Yes      No

**Notify provider of out-of-range readings**

Yes      No

**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**

Yes

No