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 the 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 the 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

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