

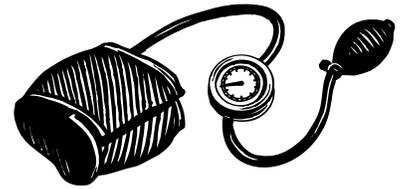
Tips for Taking an Accurate BP

Getting the Patient Ready:

- Have patient avoid drinking beverages that have caffeine 30 minutes before having blood pressure taken.
- Have patient refrain from smoking for at least 30 minutes before having blood pressure taken.
- Have patient sit calmly, without talking for at least 5 minutes: with their back supported and feet on the floor.
- Ask patients not to talk during the actual blood pressure measurement.

Preparation Tips for Blood Pressure Measurement:

- On the first visit, compare readings in both arms. For monitoring, use the arm with the higher reading.
- Make sure the inflatable part of the cuff encircles at least 80% of the arm.
- Wrap the cuff snugly around a bare arm with the lower edge of the cuff centered 2 finger breadths about the bend of the elbow.
- The arm should be supported and slightly flexed at the patient's heart level during the reading.



Measurement Tips for Manual BP Cuff Readings:

- When taking manual readings, determine the pulse obliteration pressure, where the radial artery pulse is felt to disappear when the cuff is inflated.
- Place the bell or diaphragm of the stethoscope over the brachial artery.
- Inflate the cuff to 30 mmHg above pulse obliteration pressure.
- Deflate cuff at a slow steady drop of about 2 mmHg per second.
- The systolic reading is the first of 2 to 3 consecutive beats.
- The diastolic reading is the last even number where sound was heard.

For Measuring BP during a Visit:

- Take 2 or 3 readings, waiting briefly between each cuff deflation and next inflation.
- Average the 2 or 3 readings to obtain a blood pressure for the visit.

and

- Tell patients their BP numbers and their BP goals.
- Congratulate patients when goals are reached.